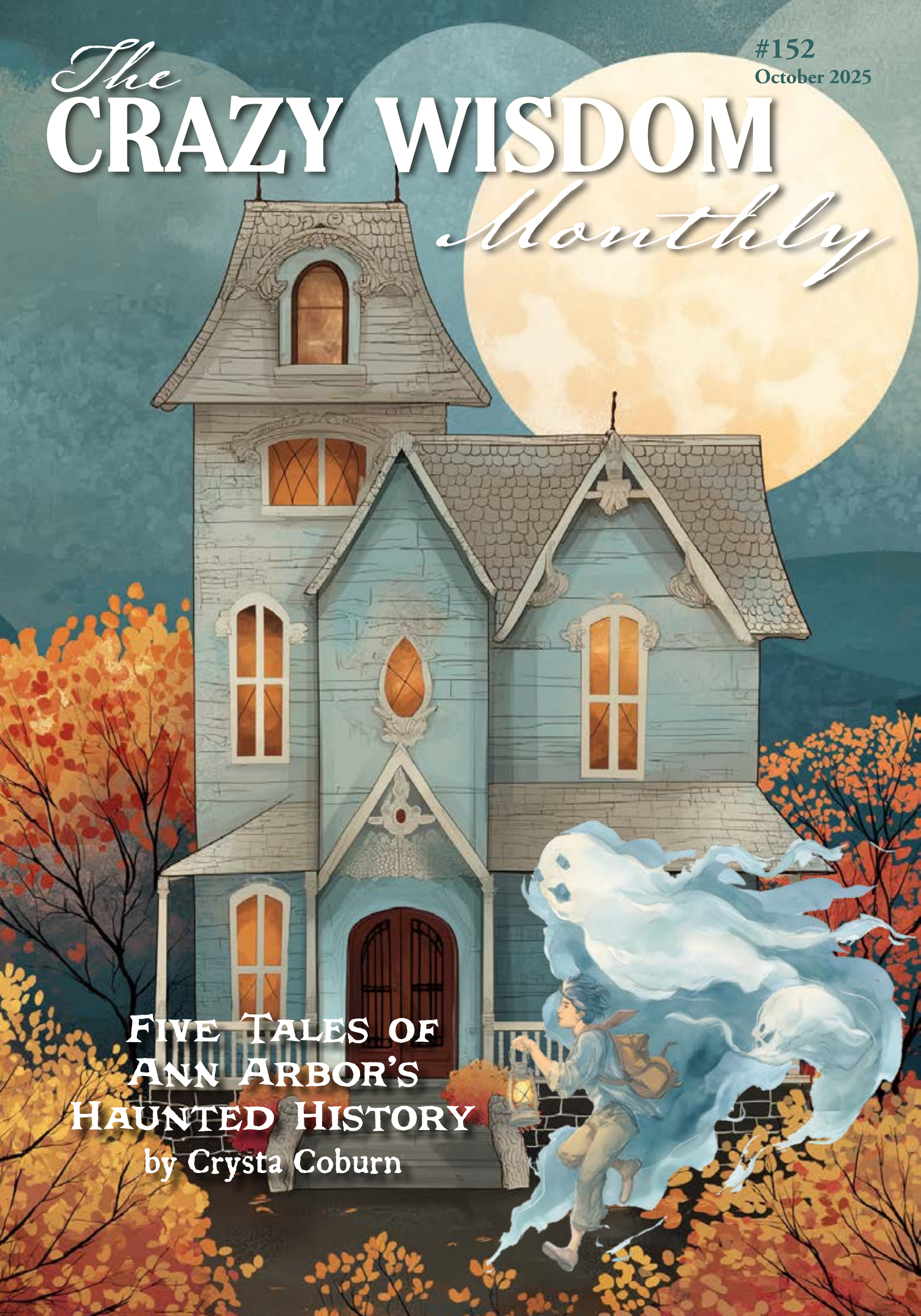
#152
October 2025

The CRAZY WISDOM Monthly



Five Tales of Ann Arbor's Haunted History

by Crysta Coburn

Shining a light in the dark.

Demo Rinpoche at the Crazy Wisdom Salon

Wednesday, October 22nd, 7 p.m.

at Crazy Wisdom Bookstore in the Upstairs Celestial Lounge

Demo Rinpoche, Spiritual Director of Jewel Heart Tibetan Buddhist Learning Center, in Conversation with Crazy Wisdom's Bill Zirinsky.

A Public Q+A with the 44 year old Tibetan Buddhist monk and incarnate lama, who leads Jewel Heart, the Ann Arbor-based Tibetan Buddhist Center, recognized nationally and internationally as a center of Buddhist teaching. Demo Rinpoche has spent most of his life studying in monasteries in India with thousands of other monks, and under the Dalai Lama's direct supervision, and he now lives on his own in a simple apartment in Ypsilanti, Michigan. He is the nephew of the late Gelek Rimpoche, founder of Jewel Heart Tibetan Buddhist Learning Center. Since 2018, he has served as Jewel Heart's Resident Spiritual Director.

Rinpoche has an impressive resume of lifelong monastic and religious studies starting at age five, when he entered Drepung Loseling Monastery in Mundgod. He officially joined the monastery in 1987 where he spent nearly thirty years of uninterrupted education in meditation, debate, memorization, philosophy, and composition under the Dalai Lama's direct supervision. After completing his studies at Drepung, Rinpoche received the highest monastic degree of Geshe Lharampa from Gelugpa University in India in 2011. He continued his studies at Gyume Tantric College and was a visiting scholar under the auspices of the Dalai Lama at Sarah College of Higher Tibetan Studies in Dharamsala. At the request of the late Gelek Rimpoche, Demo Rinpoche came to the United States, where he received his master's degree in Inter-Religious Engagement from Union Theological Seminary in New York City in 2018.

Bill Zirinsky will be engaging with Demo Rinpoche with questions and curiosity about Demo Rinpoche's life journey, his spiritual beliefs and practices, his personal interests and daily life, and his comments about life in southeastern Michigan. He will also invite active audience comments and questions.

Free. Crazy Wisdom Bookstore, 114 South Main Street, Ann Arbor, Michigan 48104
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Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, crazywisdomjournal.com. *The Crazy Wisdom Journal* has been published three times a year since 1995.

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Bill Zirinsky

Born during the pandemic, *The Crazy Wisdom Monthly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, poetry, breathing exercises, beautiful art and photos, favorite places for walks, news announcements, or musings on current events. Send your submission to Jennifer@crazywisdom.net.

Word of the Month

Grimalkin

An old female cat.

Heidi Schmitz, LMSW-C
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Read Five Tales of Ann Arbor's Haunted History on page 6!

The fall issue of *The CW Journal* is here!

The Crazy Wisdom Community Journal

issue 90

Features

• Magical Michigan Road Trip • Mother Bear Sanctuary • Ode to The Arb
• Local Health Coaches
•Activities for Balancing Kid's Chakras .
..and more!

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Five Tales of Ann Arbor's Haunted History

From Our Current Issue

By Crysta Coburn

The city of Ann Arbor has been around for over 200 years. That's more than enough time for tales of the paranormal to manifest. Probably the most famous local spirit is that of Martha Crawford Mulholland, a.k.a. the Dixboro ghost, who is believed to haunt the Dixboro General Store. But she is far from the only ghost story Ann Arbor has to tell.

Rocket Fizz

The Pratt Block was built in 1896 to be the new factory and headquarters of the Crescent Corset and Clasp Company. The building has been home to multiple residential lofts as well as retail spaces over the years, like Rocket Fizz, a novelty shop specializing in candy and soft drinks that currently occupies part of the main floor.

You might think such a colorful and lighthearted space would be home to the occasional prank. And you'd be right! However, too often when the products fly off the shelves, they are projected not by excited customers but by invisible hands. Sometimes, the store's employees are the unhappy targets. Such occurrences are not limited to the nighttime or when the store is closed, so be on the lookout for flying merchandise on your next visit.

Downtown Home and Garden

Today, Downtown Home and Garden provides the community with gardening equipment, patio furniture, clothing, and of course plants. But 150 years ago, the building was a supplier of farm goods as well as a livery stable where, much like stowing your car in a parking garage today, you could stable your horse for 10 cents a day. (The basement still smells of horses on a hot day.)

But backstock and remnants of the past are not the only things to be found down there. A small creature that employees have dubbed the gremlin has been spotted now and again. This creature does startle those who see it, but it is not a malevolent being. In fact, it is said to give off a protective aura.

You might think such a colorful and lighthearted space would be home to the occasional prank. And you'd be right! However, too often when the products fly off the shelves, they are projected not by excited customers but by invisible hands.

The gremlin is not the only unexplainable encounter at Downtown Home and Garden. Every day, almost like clockwork, at 4:30 in the afternoon the door to an upstair's artist studio firmly closes whether the resident artist is present or not. The studio was once the office of Emma Hertler, a previous owner of the business that was started in 1906 by her brothers. It is said that 4:30 is when Emma finished up for the day.

According to those in the paranormal field, one type of common ghostly activity is called "residual haunting." The idea is that a location becomes "imprinted" and replays a specific moment over and over again, like a video on repeat. So, Emma's dedication could have left an impression on her environment which continues to go about its business long after the original proprietor has gone.

Read the rest of the story online!

LET'S REIMAGINE LIBERTY PLAZA!

Downtown parks are for everyone. Creating and maintaining inviting public open spaces at the city center brings people together.

Liberty Plaza, located in Ann Arbor's downtown core, was created in 1977 and has changed little since then. With the increase in downtown residents in recent years, Liberty Plaza becomes more important as an open space park.

Limitations of the original design

Liberty Plaza is about a quarter of an acre, with stairs and ramps that descend from street level to the "garden level"of the adjacent, privately-owned property. A newsstand/bookstore in that space once attracted parkgoers, but it is long gone. The City of Ann Arbor has made occasional minor improvements to spruce up Liberty Plaza, but the park's physical design remains problematic.

Recreating Liberty Plaza

We can work together to reimagine Liberty Plaza! In the conceptual site plans (right) a potential redesign of Liberty Plaza shows the plaza raised to street level. The open space is a green lawn with a water feature for warm weather, converting to an ice-skating rink during winter. This concept anticipates the adjacent First Martin building reorienting its street-level commercial use toward the recreated plaza.

Potential sources of funding for Liberty Plaza's reinvention

DOWNTOWN DEVELOPMENT AUTHORITY
The DDA was created to reinvest tax dollars in the downtown. Attractive urban parks have a positive economic impact on surrounding businesses. The DDA would be an excellent partner in the redesign of Liberty Plaza.

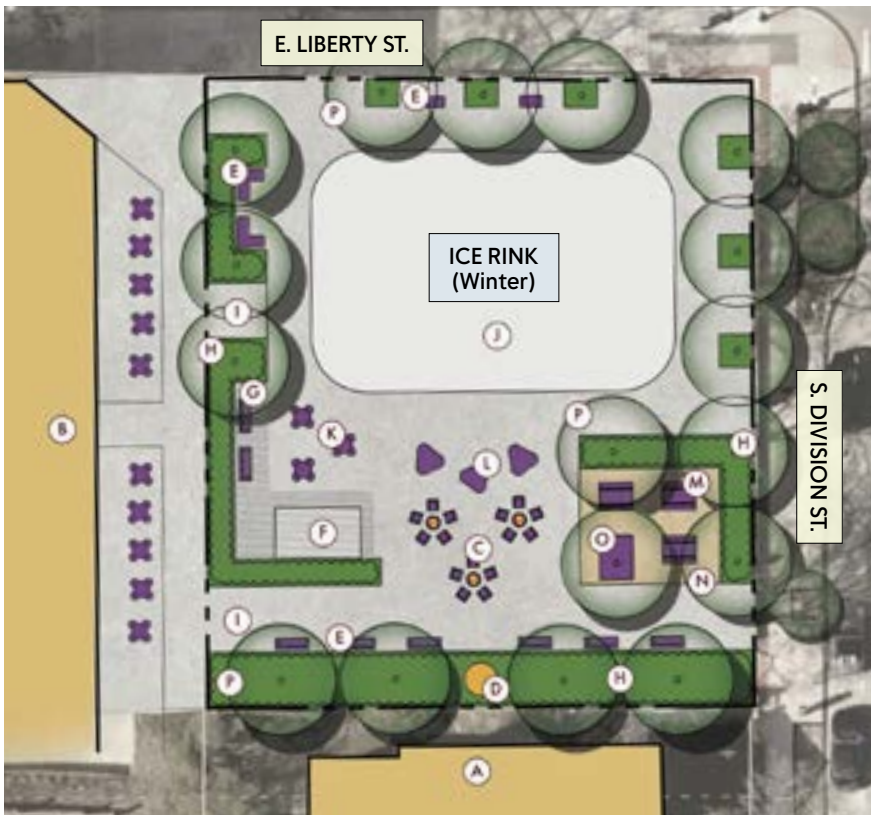
STATE GRANTS The City of Ann Arbor is eligible for millions of dollars in state funds earmarked for urban parks, including the MEDC's Michigan Talent Partnership grant program.

PRIVATE DONATIONS Public investment could be paired with fundraising from private sources. Contributions could come from individuals, businesses and foundations.

A PARK FOR ALL SEASONS

LANDMARKS & POSSIBLE PARK FEATURES

- Ⓐ **Kempf House**
- Ⓑ **First Martin redevelopment**
- Ⓒ Splash pad
- Ⓓ Sculpture
- Ⓔ Benches
- Ⓕ Shade structure with seating
- Ⓖ Shade structure with bench swings
- Ⓗ Planted area
- Ⓘ Connection to First Martin building
- Ⓙ Lawn area / Ice rink
- Ⓚ Tables and chairs
- Ⓛ Concrete benches
- Ⓜ Communal tables
- Ⓝ Aggregate surfacing
- Ⓞ Seating platform/ planter
- Ⓟ Trees



Let's create an inviting downtown park!

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CW Book Picks *of the month*

The Status Game
On Human Life and How to Play It
By the Best-selling author Will Storr
'One of our best journalists of ideas' The Times

'Will Storr is one of our best journalists of ideas … The Status Game might be his best yet' James Marriott, Books of the Year, The Times

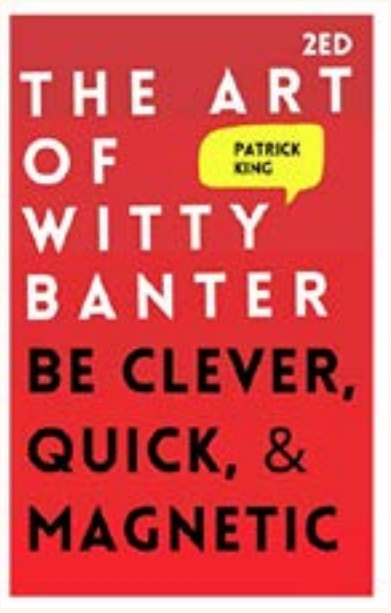
What drives our political and moral beliefs?

What shapes our bitterest conflicts and wildest dreams?

What makes you, you?

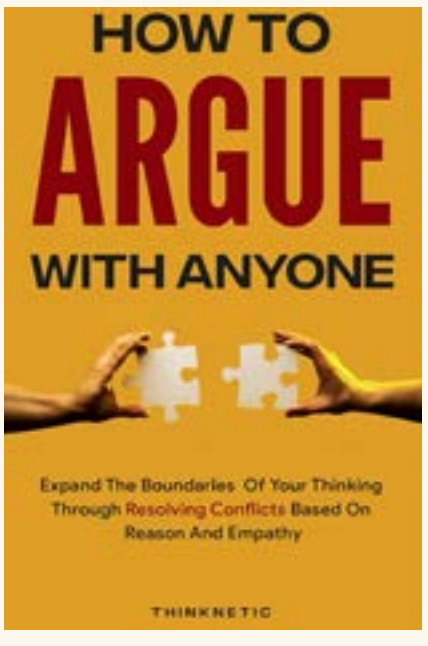
Across the world, from Papua New Guinea to Tokyo and Manhattan, humans compete for status. Through games of dominance, virtue and success, it's an obsession that has driven the best and worst of us: the Renaissance and the Industrial Revolution as well as spree killers and tyrants at the gates of Europe. But what makes status an all-consuming prize? And how can we wield our desire for it to improve our relationships, win social media battles and be the best in the workplace?

A breathtaking rethink of human psychology, The Status Game will change how you see others – and how you see yourself.



Never again be boring, awkward, or generic.

Conversation is the key to all that you want in life. Moving up in your career, making new friends, and romantic success - it all starts from the same foundation of conversation. So make the most out of them and specialize in witty banter. You'll have a waiting list of new friends.This is the eighth book in the "How to be More Likable and Charismatic" series as listed below:1. Improve Your Conversations: Think on Your Feet, Witty Banter, and Always Know What To Say with Improv Comedy Techniques2. Improve Your People Skills: How to Connect With Anyone, Communicate Effectively, Develop Deep Relationships, and Become a People Person3. The Art of Witty Banter: Be Clever, Be Quick, Be Interesting - Create Captivating Conversation4. Principles of Likability: Skills for a Memorable First Impression, Captivating Presence, and Instant Friendships5. Magnetic Charisma: How to Build Instant Rapport, Be More Likable, and Make a Memorable Impression – Gain the It Factor6. Better Small Talk: Talk to Anyone, Avoid Awkwardness, Generate Deep Conversations, and Make Real Friends.


HOW TO ARGUE WITH ANYONE
Expand The Bounderies Of Your Thinking Through Resolving Conflicts Based On Reason And Empathy
THINKNETIC

Are you tired of feeling frustrated and unheard in your arguments? Do you find yourself getting defensive or aggressive when confronted with opposing views? What if you could transform your arguments from a source of stress into a catalyst for growth and understanding?

We all encounter disagreements, but many of us struggle to navigate them constructively. We might get stuck in cycles of anger and resentment, or worse, avoid conflicts altogether, sacrificing our relationships and opportunities for growth.

But what if you could master the art of arguing in a way that leaves everyone feeling heard, understood, and respected? This book offers a powerful framework for resolving conflicts based on reason and empathy.

You'll learn how to approach disagreements as opportunities to expand your own thinking, challenge your assumptions, and deepen your relationships. By mastering the skills of effective argumentation, you'll become a more effective communicator, a better listener, and a more thoughtful problem-solver.

Imagine being able to navigate even the most heated debates with confidence and poise, knowing that you're not just "winning" an argument, but building stronger connections and fostering deeper understanding. With this book, you'll discover the secrets to transforming conflicts into catalysts for growth and transformation.

Are you ready to revolutionize the way you argue – and live – with purpose?

Double Double, Toil and Trouble

The Appeal of Witchcraft and Paganism in the Modern Era

By Laura K. Cowan

You see it in Newsweek, CNN, and other news websites that report on spirituality and esoteric culture like *Quartz* and *Gaia.* You see it through phenomena such as Instagram's 300k+ subscriber feed to *Hoodwitch,* Youtube's explosive growth of tarot readers, and gray or shamanic witches offering online tutorials and looks into their family traditions of Celtic witchcraft, and Wiccan seasonal ceremonies. Wicca, witchcraft, and paganism have long had an important perch within Crazy Wisdom Bookstore's book sections, and local Wiccans, witches, and pagans have long been written about in *The Crazy Community Wisdom Journal*, but all these related areas are experiencing exponential growth, both locally in earth-religion-friendly Ann Arbor and on the national scale. It is not difficult to join witchcraft groups on social media or find books on the topic, which have also had enormous popularity growth in recent years. Everything from reading runes to Christian witchcraft (a path in which people often believe in Christianity's tenets of love and forgiveness but also practice magic to venerate nature and don't believe the Bible's historic ban on witchcraft applies to working with light or natural healing manifesting energies but rather harmful workings) is on the shelves and easily accessible today to inquiring minds.

Witchcraft and paganism are experiencing exponential growth, both locally in earth-religion-friendly Ann Arbor and on the national scale.

Recently a Pew Research study estimated 1.5 million Americans identify as Wiccans, which is the religion sometimes associated with witchcraft that involves venerating the earth through worship of a male and female god and goddess aspect. This means there are now more Wiccans in America than mainline Presbyterians, and that's just the beginning. This number does not take into account the many witches and pagans who are not Wiccan at all. In fact the only thing seeming to grow faster than Wicca in the U.S. is the variety of types of paganism or witchcraft.

Witchcraft, which is the practical side to using natural energies to cast spells for manifestation, and tarot card readings have become so popular among young people that beauty retailer Sephora recently drew fire for selling a "starter witch kit" for dabblers, offending the increasing number of serious witches in American culture. Facebook groups for witches, Wiccans, and pagans of every stripe are now often very public and very large. It's not hard to find a discussion online any given day about the Rule of Three, which some, but not all, witches abide by to govern their magic. The Rule of Three means that what you put into the world you get back three-fold, so watch what you do and create positive karma and workings, not ones that harm others. It's not hard to explain how Evangelical Christianity jumped the shark in American culture in recent years by siding with toxic political candidates, or how Catholicism has suffered under the burden of the priest pedophile scandals, but the witchcraft movement is unexpected to a lot of people, especially those who were taught that witches and tarot card readers work with demons.

It seems to be that the freedom and eclectic nature of modern witchcraft itself is the draw. Witchcraft isn't one thing. It isn't even a dozen things.

For many, from aging hippies and baby boomers who are still young at heart to the millennials looking for a spiritual path to replace the decline of Christianity, witchcraft has proven an unexpectedly intuitive choice for continuing along a spiritual path of personal growth without the baggage of out-of-date theology or the dogmatic rule of religious traditions. It seems to be that the freedom and eclectic nature of modern witchcraft itself *is* the draw. Witchcraft isn't one thing. It isn't even a dozen things. And as mentioned before, witchcraft in particular can combine with other religions, so often witchcraft has the appeal of being a stepping stone into other spiritual studies without a person having to abandon another path whose traditions are important to them.

Witches' Altar

Because people within witchy circles are so eclectic, running the gamut from witches who have traditions passed down in families to pagans who are recreating ancient Celtic or other cultural seasonal ceremonies to commune with nature, the easiest way to understand the growth of witchcraft and paganism is not to sort it out end to end, which takes years of research, but to hear people's stories from within the movements.

Many people say that it is problematic to paste together a hodgepodge of beliefs and traditions, which in some ways had to be done to rediscover Druidic paganism after the traditions were destroyed during the Roman occupation of the Celtic lands. For a generation that feels more comfortable following what *feels* true to them, this is also part of the draw. Right or wrong, or somewhere in between, as is usually the case with any movement, this trend toward choosing your own spirituality is on the rise. Because people within witchy circles are so eclectic, running the gamut from witches who have traditions passed down in families to pagans who are recreating ancient Celtic or other cultural seasonal ceremonies to commune with nature, the easiest way to understand the growth of witchcraft and paganism is not to sort it out end to end, which takes years of research, but to hear people's stories from within the movements. I pursued some time with three people who were generous enough to give me a peek into their world, two of whom are local to the Ann Arbor area and one I met online in mystical circles.

Spirituality of any kind is a journey and a voluntary one. So, I hope that the following interviews don't do the impossible task of answering all your questions or convincing you what to think about any spiritual tradition, but rather provoke more questions.

Glenda Bartel, An Intuitive Witch

Photo by Joni Strickfaden

Laura K. Cowan: How did you get into witchcraft and intuitive work?

Glenda Bartel: I was within the religious practice of Wicca (unknowingly) for approximately 20 years, starting at the age of 38. As a child, I can remember talking to the moon and knowing that she was talking back. My intuitiveness has always been there. It isn't something that I got into. It's just a part of who I am. I "knew" things at a very young age. I knew when my great-grandmother was going to pass when I was 12 and she did, two weeks later. My mediumship came into effect at the age of 14 when I saw her standing in the kitchen of her house!

As a child, I can remember talking to the moon and knowing that she was talking back. My intuitiveness has always been there. It isn't something that I got into. It's just a part of who I am.

— Glenda Bartel

I didn't know what being intuitive or being a medium was until I was in my early 30s…. When I discovered that my chart had Scorpio in my Sun and Moon with a Cancer rising, it all made sense to me. Water signs are susceptible to being highly intuitive. In my case, I have water across the board!

LKC: What does this path mean to you and how did you choose which way was right for you?

GB: Wicca felt right for me at the time. It was the stepping stone that led to where I am today. The practice and belief of respecting all living things and "worshipping" nature and Mother Earth? It wasn't hard for me to choose this at all. It gave me an opportunity to learn my own ways and have my own faith, while following the law of

Read the rest of the story online!

Release

Creativity requires the courage to let go.

–Erich Fromm

"Release," she whispers in my ear. Her words are barely a sound as her breath touches my face and tousles my hair. Turning my face upward, I watch the tree's yellow leaves let go of branches and tumble into the air, dancing with one another in the golden sunlight.

The air grows still, and I close my eyes. "Release," the wind urges again, and I blink as hundreds more leaves twirl in the breeze.

The leaves make it look so easy. Listen to the wind, trust, let the current guide you. I ponder how many things I cling to: time, memories, moments, fear, wishes. I consider which of these things hold me back and which define and inspire me.

One of my fondest autumn memories is of leaf races in the stream behind my childhood home. My siblings and I would select perfect leaf boats, toss them into the moving water, and then race up the winding path to a small wooden bridge. There, we'd gleefully lay on our stomachs and wait to see whose leaf crossed under first.

Fall is the season when we say goodbye to many things. I'll miss our gardens and the minty herbal smell of bee balm. The hummingbirds that drank the flowers' sweet nectar have left with their children. Now that it's gotten too cold for mosquitoes, the bats that swoop around my yard will soon tuck themselves away. The frogs and insects that once sounded like they were trying to outdo one another in song are growing quieter. Though some goodbyes are easier than others, I love the fall. The smell of the fallen leaves, the earthy tones, and even the chill in the air. When the polar winds descend, the trees, wearing their brilliant fall colors, begin to dance. The wind, their song.

I'm not sure whose idea it was to turn our childhood leaf races into a goodbye, but when we found a dead butterfly, my siblings and I tucked her into a leaf boat and sent her downstream. When she crossed under the small wooden bridge, we tossed down flower petals and watched as her little leaf continued onward.

In Mexico, Dia de Los Muertos coincides with the annual monarch migration. During the warmer months, my daughters and I collect monarch eggs, raise the caterpillars to butterflies, and then release them with a song. No matter how many times I witness metamorphosis, it always inspires awe within me.

Every year, three to four generations of monarchs are born in our area. Toward the end of summer, a generation is born that lives much longer and uses its energy for migration. The last of these butterflies begin their southbound journey by October. I gaze toward the south and send hope as they continue their long journey.

When my siblings and I were children, offering insects a watery farewell, on the surface, we were simply excited to find passengers for our leaf boats. On a deeper level, however, perhaps we were recognizing the value of life. We were learning about the beauty and power in saying goodbye not simply as an end, but with hope that life would one day begin again.

The last butterfly we released this year, we named Hope. Some butterflies stay with us a few moments, while others are very ready to fly. Hope lingered on our hands awhile before stretching her amber wings and reaching for the sky.

During this time of color, change, and harvest, is there anything you'd like to release?

Katherine Munter, clinical psychologist, art therapist, and founder of Creative Life Therapy, an Ann Arbor practice of art therapy and integrative wellbeing. Learn more at www.CreativeLifeTherapy.com.

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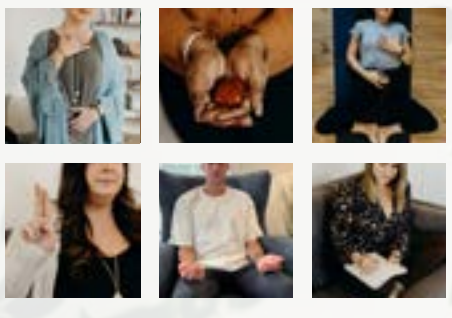

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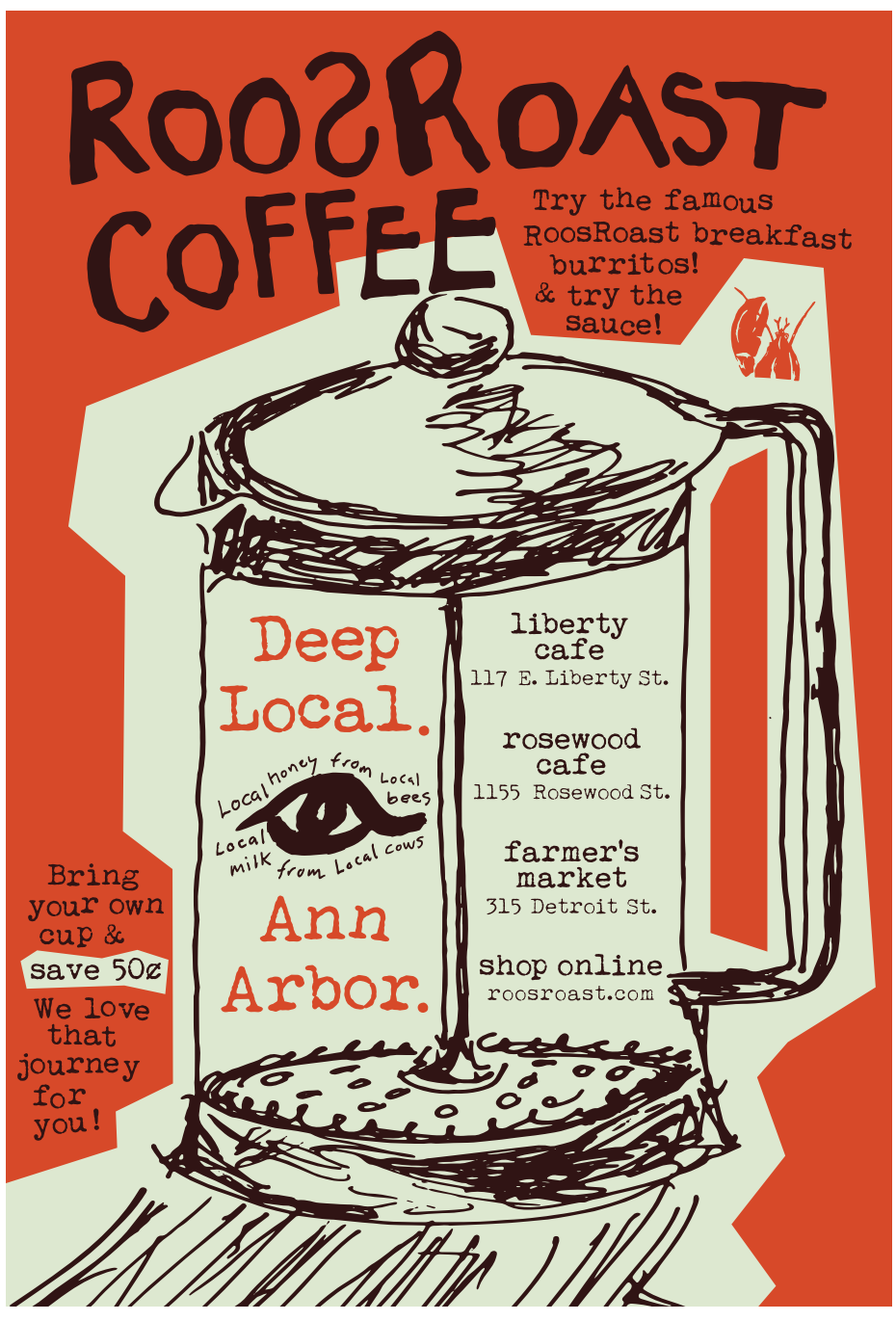

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a free guide to local classes, workshops, and events

September through December 2025

THE CRAZY WISDOM CALENDAR

Calendar edited by Kaili Brooks

A Course in Miracles

A Course in Miracles Study Group with David Bell • Ongoing Mondays • 6:45 to 8:45 p.m. • All are invited to join a group reading and discussion of the text of *A Course in Miracles* (Foundation for Inner Peace). Additional supporting works are also presented and discussed. In-person and on Zoom. Donations accepted. For more information contact David at (734) 646-8475 or visit interfaithspirit.org.

A Course in Miracles Study Group with Randall Counts: Zoom Only • Ongoing Thursdays • 7:30 to 8:30 p.m. • The focus of the group is on practical application of Course principles to daily life. There is a mix of reading passages from the text, lessons or manual for teachers, and participant sharing of experiences as relate to those passages. Donations accepted. For more information contact Randall at (517) 750-8087 or visit interfaithspirit.org.

Animals and Pets

Irene's Dog Massage Class with Irene's Myomassology Institute • Saturday, October 18 • 11:00 a.m. to 1:00 p.m. • Give your pup the ultimate treat—a relaxing massage from their favorite human (that's you). This fun, hands-on class teaches you simple, safe techniques to help your dog feel their best. Students will need to bring a dog to practice during on class. All shots must be up to date. $25. For more information contact the Institute at contact@irenes.edu or visit irenes.edu.

Art and Craft

Opening Art Reception with Chris Nordin Studios Gallery • Friday, October 3 • 5 to 8:00 p.m. • Opening Reception for featured, guest artist Ann O. Hilton. Join us to celebrate fine art, conversation, and enjoy some treats. FREE. For more information contact Rita at (734) 834-2952.

Willow Basket Weaving with Michael Schoenberg & Deanne Bednar • Saturday, October 25 • 10:00 a.m. to 5:00 p.m. • Come to enchanting thatched Strawbale Studio and learn to make a traditional Egg Basket from willow harvested on-site! In this frame basketry class, we will cover how to collect/process a variety of commonly found materials, harvest willow, and weave a useful, beautiful basket for gathering eggs, market shopping, forest foraging or gifting! $80 (includes all materials). For more information contact Deanne at (248) 496-4088, email ecoartdb@gmail.com, or visit strawbalestudio.org.

The Art, Science & Reciprocity of EcoCreativity with Robin Lily Goldberg • Monday, December 1, 8, & 15 • 6 to 7:00 p.m. • This interdisciplinary series illustrates how meaningful poems, stories, and paintings can emerge through co-creating with the Earth. We'll draw inspiration from visionary writers and artists to experience the regenerative benefits of collaborating with our environments. Everyone has creative capacities within, and everyone is welcome. $45. For more information contact Robin at robinlily@outlook.com.

Ayurveda

Ayurveda and Meditation with Dr. Kapila Castoldi • Sunday, October 19, 26, & November 2 • 2 to 4:00 p.m. • Meditation and Ayurveda share the same goal: to regain the lost connection with our true nature and thus achieve the body-vital-mind balance that brings about harmony and happiness in life. FREE. For more information contact Kapila at (734) 994-7114, email castoldi@oakland.edu, or visit meditationannarbor.com.

Bodywork and Bodymind Therapies

Hydrotherapy & Thermotherapy Certification Class with Mary Light • Saturday, October 4 • 9:30 a.m. to 4:30 p.m. • Hydrotherapy and thermotherapy applications for better bodywork outcomes—The science, the experience, the results. A hands-on class; all materials provided. $200. For more information contact Mary at (734) 769-7794 or visit naturopathicschoolofannarbor.net.

Book Discussion Groups

Dr. Sue Morter's Energy Codes: a Facilitated Exploration with Lisa Patrell • Wednesday, October 1, 8, 15, 22, & 29, November 5 & 12 • 7:30 to 8:45 p.m. • Dr. Sue Morter developed the Energy Codes to offer radical transformation. The Energy Codes bridges ancient healing practices with science and is grounded with practical exercises and meditations. Lisa is a certified Facilitator and Coach of the Energy Codes. Proprietary and new material will be presented, discussed, and experienced. $469 paid in full or $159 in three monthly installments. An E-book edition is included. For more information contact Lisa at (734)274-6737, email lisapatrell@dellaureo.com, or visit dellaureo.com.

Book Events

***Fuzzy Caterpillar* Story Time & Book Signing with Rowena Conahan • Saturday, October 25 • 11 a.m. to 12:30 p.m.** • Rowena Conahan will tell stories from her new book, *Fuzzy Caterpillar: Stories and Activities for Forest Kindergartens and Families*. These tales will enchant children ages 3-6, as well older kids and adults. Simple activities will be available to enjoy. Copies of Fuzzy Caterpillar will be for sale at a discount, and Rowena will sign books. FREE. For more information contact Rowena at (734) 660-6011, email naturespeaklife@gmail.com.

Vampires on Vacation: Celebrate *Vampires at Sea* with Lindsay Merbaum • Wednesday, November 19 • 6:30 to 8:30 p.m. • Join Lindsay Merbaum upstairs in Crazy Wisdom's Celestial Lounge as she discusses her book: smutty, horror-comedy novella *Vampires at Sea*. The novella features a pair of chic emotional vampires on a queer Black Sea cruise, where they meet the non-binary influencer of their dreams/nightmares. Orgies and emotional mayhem ensue. Join us for themed mocktails, a reading, Q&A, and signings with the author. FREE. For more information contact Lindsay at (510) 289-3774, email Lmerbaum@gmail.com, or visit lmerbaum.com.

Breathwork

Guided Group Breathwork with Jackie Miller • Saturday, September 7, 21, & 28; October 5, 19, & 26; November 2, 16, & 23; December 7 & 21 • 6 to 7:30 p.m. • A group session of gentle, energizing breathing with music, guided by Jackie Miller, certified breathwork facilitator. Experience the power of breath energy and non-ordinary states activated by special breathing techniques. Ann Arbor and Ypsilanti locations. FREE, donations welcome. Registration required. For more information visit thisbreath.com.

Buddhism

Miracle of Mindfulness with Suzanne Xuereb & Georgia Greene • Ongoing Sundays • 6:30 to 8:00 p.m. • The Huron River Mindfulness Community is a safe and inclusive meeting place for anyone to practice mindfulness in the tradition of Plum Village, established by Zen Master Thich Nhat Hanh. This is a peer led group and there are four to five members that facilitate depending on

What's New in the Community SPOTLIGHT!

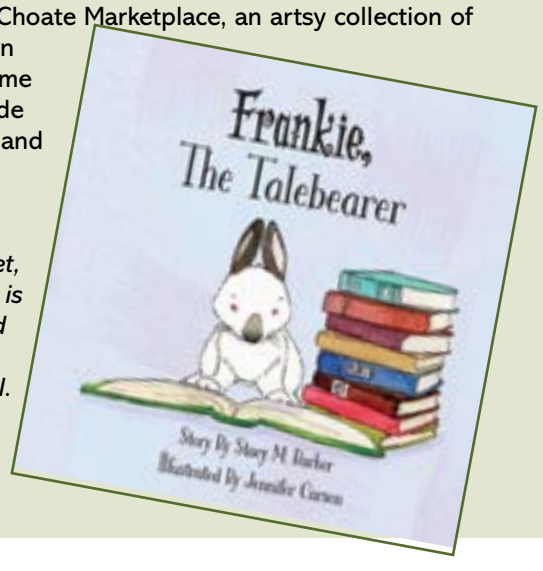
By Lynda Gronlund

Stacy Barker became the owner of the Talebearer Bookstore in Brooklyn, Michigan in February.

This is a new career path for her after raising her now college-aged daughter as a stay-at-home mom with some part-time work in an interior design store. Around the same time, she adopted Frankie, short for Frankenstein, an adorable rabbit and the store's mascot. Frankie is a Californian rabbit who is white with black ears and nose and reddish eyes. Bunnies with red or pink eyes are harder to adopt out, explained Barker, because people find them a little scary. However, she said, they are usually the friendliest. Visitors to the store, especially children, love interacting with Frankie when he co-hosts a monthly kids' story time.

Now, Frankie has his own book: *Frankie, the Talebearer*. It is a children's picture book written by Barker and illustrated with hand-painted watercolors by *The Crazy Wisdom Community Journal's* own Jennifer Carson. In it, Frankie's pink eyes turn out to be magical, and part of what make him so special, even though the other bunnies make fun of them at first. The book launched in late July with a signing at the store, by Barker and Frankie, who signed with a paw print stamp.

The book is recommended for ages five to nine. It is 32 pages, said Barker, a bit longer than most picture books, so readers "need to be able to pay some attention." It is available in Barker's bookstore and online through her website. The bookstore is located in the Choate Marketplace, an artsy collection of shops including a paint-your-own pottery venue, an art school, game lounge, art supply store, fair trade textile arts store, a unique food and kitchen gifts store, and a café .



The Talebearer Bookstore is located at 102 North Main Street, Brooklyn, MI 49230. Its website is thetalebearerbookstore.com, and Stacy Barker can be reached by email at thetalebearer25@gmail.com or by phone at (517) 592-4011.

Resources for Conscious Living

REIKI
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For Body, Mind & Spirit
CLASSES & INDIVIDUAL TREATMENTS
Suzy Wienckowski, Reiki Master
Reiki Alliance Member
734.476.7958
SuzyReiki@aol.com

Stephen L. Rassi, PhD, LMSW, MA
Clinical Social Worker
CBT for Anxiety; TIR for PTSD and Trauma Concerns
Skills for Increased Focus and Concentration
Counseling for Trans* and Gender-Diverse Clients
mercury@umich.edu • 734.945.9100
Chrysalis Facilitation
and
Counseling Services, LLC

SACRED ROOTS HEALING
Intuitive and Functional Healing for Women Throughout the Motherhood Years

SacredRootsHealing.org
katygladwin@gmail.com

The Crazy Wisdom Calendar

the group. FREE, donations to Zen Temple of Ann Arbor accepted. For more information contact the HRMC at (734) 273-9991, email huronrivermc@gmail.com, or visit huronrivermc.com.

Practical Buddhism with Gelek Rimpoche • Wednesday, October 1, 8, 15, 22, & 29, November 5, 12, & 19, December 3, 10, & 17 • 7 to 8:30 p.m. • "Practical Buddhism" offers video recordings of earlier teachings by Gelek Rimpoche as an opportunity for some to revisit and as an introduction for others. A panel discussion with Jewel Heart Instructors follows each session. Discussions are not recorded. Sessions will review Gelek Rimpoche's 2012 Sunday talks and into early 2013. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Jewel Heart Sunday Talks: Ancient Wisdom, Modern Times with Demo Rinpoche • Sunday, October 5, 19, & 26, November 2, 9, 16, 23, & 30, December 7, 14, 21, & 28 • 11 a.m. to 1:15 p.m. • Join Demo Rinpoche for weekly Sunday morning public talks on a variety of topics that are suitable for newcomers and long-timers alike, followed by a facilitated group discussion based on the morning talk. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

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The Bodhisattva's Way of Life: Enthusiasm! (Chapter 7) with Demo Rinpoche • Thursday, October 2, 9, 23, & 30, November 6, 13, & 20 • 7 to 8:30 p.m. • Shantideva's Bodhisattva's Way of Life is among the most beloved and inspiring works in the Mahayana Buddhist tradition. It gives detailed instructions on the benefits and methods of living in accordance with the bodhisattva ideals of unselfishly helping others. This course focuses on chapter 7, enthusiasm. $70 Jewel Heart member/$90 Jewel Heart non-member. Give what you can; no one is turned away. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Year-End Candle-Lighting Service with Maum Gloria Cox • Wednesday, December 31 • 8 to 10:00 p.m. • This is an occasion to take stock of one's life and to greet the new year in contemplation and reflection. Everyone is welcome to come share this beautiful service with us. $20 donation. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Crazy Wisdom Salon – An Evening with Demo Rinpoche, Spiritual Director of Jewel Heart Tibetan Buddhist Center, in Conversation with Bill Zirinsky of Crazy Wisdom • Wednesday, October 22 • 7pm • An opportunity to get to know Demo Rinpoche, the 44 year old leader of Jewel Heart, the Ann Arbor-based Tibetan Buddhist Center with students, and satellite locations, across the U.S. and around the world. Long-time Crazy Wisdom co-owner Bill Zirinsky, as the host, will be using a question-and-answer format, and also invite active audience questions and comments. For additional information about this event, please see the half-page advertisement in this issue of the Crazy Wisdom Journal, on Page 9. Or email: billz@crazywisdom.net or kathy@jewelheart.org. Location: Crazy Wisdom's Celestial Lounge on the Second Floor. FREE, no advance registration needed.

Ceremonies, Celebrations, and Rituals

Sunday Celebration with Interfaith Center for Spiritual Growth • Ongoing Sundays • 10:45 a.m. to Noon • We explore universal truths from all spiritual paths. Donations are gratefully received. For more information visit interfaithspirit.org.

Satsang, Yoga Nidra, Meditation, & Kirtan with Swami Sankarananda, Swami Yatidharmananda, & Trevor Eller • Saturday, October 4 • 2:30 to 9:00 p.m. • Join a joyful and uplifting afternoon and evening of community, Yoga, and Full Moon Kirtan with Swami Sankarananda, Trevor Chaitanya Eller, and friends as we welcome Swami Yatidharmananda to our community of Divine Friends. Donations welcome. For more information visit interfaithspirit.org or divinegraceyoga.org.

Women's Goddess Circle with Chandra Mitchel • Wednesday, October 15 • 6 to 8:30 p.m. • The women's goddess circle is a monthly meetup for Maven/Late Millennial/GenX+ women. Everyone is welcome but topics will center around these ages and stages. Topics include goddess study, seasonal crafting, intention-setting activities, political discussion, connection, and more! FREE. For more information contact Chandra at chandra@crazywisdombookstore.com.

Candlelight Labyrinth Walk with Rob Meyer-Kukan • Friday, October 24 • 6 to 7:00 p.m. • Join Veriditas trained Labyrinth Facilitator, Rob Meyer-Kukan for a candlelight labyrinth walk. This event is offered as a donation-based event to support this and future labyrinth events. Suggested donation, $10/person. For more information contact Rob at (248) 962-5475, email contact@7notesnaturalhealth.com, or visit 7notesnaturalhealth.com.

Winter Solstice Ritual Celebration with Esther Kennedy • Sunday, December 21 • 3:30 to 4:30 p.m. • With joy and anticipation, we await the coming light, rising from within the darkness. Teilhard de Chardin states, "There is light and only light ahead of us." In song and dance we remember that "we are light for those we meet and for our world." FREE. For more information contact the Weber Center (517)-266-4000 or visit webercenter.org.

Channeling

Remembering Wholeness: Darshan with the Mother & Barbara Brodsky • Tuesday, October 26, November 23, & December 14 • 2 to 5:00 p.m. • Darshan with The Mother offers loving guidance to support your journey. The Mother speaks both personally and collectively, addressing where we may feel stuck and helping release what no longer serves. With support from Aaron and Yeshua, she shares messages of wholeness, always holding each being in a container of deep, unconditional love and compassion. Suggested donation: single $10-30; all $40-$120. For more information contact the Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

Evenings with Aaron & Barbara Brodsky • Wednesday, October 1 & 29, November 19, & December 10 • 7 to 9:00 p.m. • Evenings with Aaron meets monthly and is open to all. Since 1989, Aaron has offered insight on current world issues, guiding us to respond from loving awareness. He reminds us all experiences are teachers, encouraging dynamic compassion—living spiritually grounded lives. Some evenings include specific practices or guest teachings from Aaron's spirit friends, plus open discussion. Suggested donation: single $10-30; all $40-$120. For more information contact the Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

Death and Dying

Death Cafe with Rev. Annie Kopko • Tuesday, October 7, November 4, & December 2 • 6:30 to 8:00 p.m. • A group-directed discussion of death, with no agenda, objectives, or themes. It is a discussion group rather than a grief-support or counseling session. FREE, but donations gratefully received. For more information visit interfaithspirit.org.

Ann Arbor Virtual Death Café with Rachel Briggs • Tuesday, October 4, November 1, & December 6 • 11:00 a.m. to 12:30 p.m. • Conversation on zoom about all things related to death and dying. Participants join in small and large group discussion with deep listening and sharing from the heart. No agenda, no presentation. For more info visit www.DeathCafe.com. Open to all adults. Please note: This is not a grief support group. For more information contact Merilynne at (734) 395-9660, email thedyingyear@gmail.com, visit thedyingyear.org or DeathCafe.com

Ann Arbor Death Cafe In-Person Meeting with Merilynne Rush • Saturday, October 18, November 15, and December 20 • 11:00 a.m. to 1:00 p.m. • Conversation about all things related to death and dying. Small and large group discussion, deep listening, and sharing from the heart. No agenda, no presentation. Coffee, tea, and snacks available. Open to all adults. Accessible, confidential. Please note: This is not a grief support group. FREE. For more information contact Merilynne at (734) 395-9660, email thedyingyear@gmail.com, visit thedyingyear.org or DeathCafe.com.

Advance Care Planning Facilitator Training with Merilynne Rush • Tuesday, November 11 • 8:30 a.m. to 5:00 p.m. • Learn how to assist healthy adults identify a healthcare advocate and discuss their values and wishes with them. For nurses, doctors, social workers, chaplains, administrators, end-of-life doulas, and all healthcare professionals across the continuum of care. Advance registration required; held on Zoom. $265. For more information contact Merilynne at (734) 395-9660, email thedyingyear@gmail.com, or visit thedyingyear.org.

Drumming

Drummunity Circles with Lori Fithian • October 18, November 15, & December 20 • 7 to 8:30 p.m. • Come join the Drummunity! All ages, all levels welcome. Drums and percussion instruments provided or bring your own. Rhythmic Fun for the whole --with a focus on community-building. Rhythm games, singing, dancing, and improvising will bring us together! A $5 donation for the center is most welcome. For more information contact Lori at (734) 426-7818, email lorifithian@mac.com, or visit interfaithspirit.org.

Energy and Healing

Gentle Qigong with Rory Walsh • Saturday, October 11, 18, & 25, November 1, 8, 15, & 22 • 11 to 11:45 a.m. • Join us for a harmonizing flow of head-to-toe movement, meditation, and self-acupressure to help you center and navigate the changing seasons. It is a fun and invigorating self-care practice for all ages and experience levels. $15 drop-in, $95 for full term of seven classes. For more information Contact Rory at info@momentuscoaching.com or visit momentuscoaching.com.

Healing through Connecting Constelallations™ Sacred Saturday Workshop with Michaelene Ruhl • Saturday, October 11, & December 6 • 1 to 6:00 p.m. • Join us in a sacred, compassionate space to reconnect with yourself, ancestors, and others. Through family and systemic constellations, experience healing, insight, and peace—simply by being present. No judgment, just love. $185. For more information contact Michaelene at (248) 345-3557, email michaelene@constellationhealingarts.com, or visit constellationhealingarts.com.

Light Therapy Basics with Paula Neys • Tuesday, October 7 OR November 4 • 10:30 a.m. to Noon • You know how you feel better when you get a little sunshine? Light heals us because it's an essential nutrient. This basic light therapy (commonly known as red light therapy) will give you foundational skills to elevate your health, the health of your family, friends, and pets. Class is limited to five participants. $15. For more information contact Paula at pneys@icloud.com.

MariEl Energy Work Training with Mary Light • Saturday, October 11, November 8, & December 13 • 9:30 a.m. to 4:30 p.m. • This is a three-day training with assignments in between the monthly meets. MariEl is a bodywork session designed to facilitate release of trauma in a gentle yet effective manner, often through a series of sessions. $800 with a $300 deposit. For more information visit naturopathicschoolofannarbor.net.

Healing & Ascension Monthlies Series with Rev. Eve Wilson • Thursday, December 18 • 7:30 to 9:30 p.m. • Every four weeks for two hours Eve Wilson, Master Healer/World Healing & Ascension Worker guides and empowers 40+ people into the new world experience. Once there, we work to heal and ascend our human selves and the world we live in. We work by phone conference call, so each of us can be focused on our own work and not distracted by others. $300 Series; pay as you go or sliding scale options. For more information contact Eve at (734) 780-7635, email evew@spiritualhealers.com, or visit spiritualhealers.com.

Exercise and Fitness

Total Body Strength and Balance with Jackie Farah • Monday, September 1, 8, 15, 22, & 29, October 6, 13, 20, & 27, November 3, 10, 17, & 24, December 1, 8, 15, 22, & 29 • 9 to 10:00 a.m. • Total Body Strength and Balance is a fusion class drawing on elements of strength and circuit training, cardio, core balance, Pilates, and barre. Instructors offer their classes a workout covering every major muscle group, moving from weightlifting and balance to abdominal and lower body work. $26 or Class Package available. For more information contact Imagine Fitness and Yoga at (734) 622-8119, email imagine@imaginefitnessandyoga.com, or visit imaginefitnessandyoga.com.

Fundamentals of Pilates and Stretching for Back Care with Sara Atwell • Monday, September 1, 8, 15, 22, & 29, October 6, 13, 20, & 27, November 3, 10, 17, & 24, December 1, 8, 15, 22, & 29 • 9:30 to 10:30 a.m. • If you are new to Pilates this is your class. Pilates is a series of exercises designed to strengthen the core including back shoulders and hips. The exercises will be broken down to support new movers and those that want to review technique and Pilates principles. Focus will be on gradual strength, flexibility, and stability. $26 or Class Package available. For more information

Resources for Conscious Living

CHÉRIE ANN McMULLEN
Holistic Health Practitioner

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2223Cherieann@gmail.com

K9T

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Rob Meyer-Kukan, LMT
Bodywork: sound therapy, massage, reiki, reflexology, color therapy, & natural health consultations

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Honoring All Spiritual Paths & Traditions
Interfaith Center for Spiritual Growth
Be a light unto the world
704 Airport Blvd., Suite 1
Ann Arbor, 48108
Sunday Celebration Services
10:45-12:15
Monthly Concerts, Movies and Drum Circles
Weekly Study Groups,
A Course in Miracles,
Science of Mind, Sufi Gathering
& more
Sunday Service and many classes available via live stream
734.327.0270
interfaithspirit.org

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Over 30 Years of Experience
Licensed and Accredited

contact Imagine Fitness and Yoga at (734) 622-8119, email imagine@imaginefitnessandyoga.com, or visit imaginefitnessandyoga.com.

Cardio Plus with Jackie Farah • Monday, October 6, 13, 20, & 27, November 3, 10, 17, & 24, December 1, 8, 15, 22, & 29 • 10 to 11:00 a.m. • Cardio combined with total body strength training. This fun class will use different equipment to strengthen all muscle groups, improve balance, and keep your heart rate up. Emphasis is placed on proper form while safely increasing muscular strength, improving core stability, and cardiovascular fitness. All experience and fitness levels welcome. $26 or Class Package available. For more information contact Imagine Fitness and Yoga at (734) 622-8119, email imagine@imaginefitnessandyoga.com, or visit imaginefitnessandyoga.com.

Build and Tone Your Upper Body & Stability with Jackie Farah • Tuesday,, October 7, 14, 21, & 28, November 4, 11, 18, & 25, December 2, 9, 16, 23, & 30 • 9 to 10:00 a.m. • Target all major muscles. We utilize a mix of free weights, resistance bands, med balls, stability balls and BOSU balls. It is suited for everyone to a beginner to a fitness fanatic. Resistance training does more than just make your muscles stronger—it can also boost your metabolism, improve your posture and mood, and much more. $26 or Class Package available. For more information contact Imagine Fitness and Yoga at (734) 622-8119, email imagine@imaginefitnessandyoga.com, or visit imaginefitnessandyoga.com.

Balance, Flexibility, & Core Strength with John Farah • Tuesday, October 7, 14, 21, & 28, November 4, 11, 18, & 25, December 2, 9, 16, 23, & 30 • 2 to 3:00 p.m. • A total body workout with a focus on strengthening the core and balance. You will improve overall balance, posture, muscle tone, and mobility as you learn to move the body to help avoid injury and strengthen your balance. $26 or Class Package available. For more information contact Imagine Fitness and Yoga at (734) 622-8119, email imagine@imaginefitnessandyoga.com, or visit imaginefitnessandyoga.com.

Cardio Plus with Lisa Camfield • Tuesday, October 7, 14, 21, & 28, November 4, 11, 18, & 25, December 2, 9, 16, 23, & 30 • 6 to 7:00 p.m. • Cardio combined with total body strength training. This fun class will use different equipment to strengthen all muscle groups, improve balance, and keep your heart rate up. Emphasis is placed on proper form while safely increasing muscular strength, improving core stability, and cardiovascular fitness. All experience and fitness levels welcome. $26 or Class Package available. For more information contact Imagine Fitness and Yoga at (734) 622-8119, email imagine@imaginefitnessandyoga.com, or visit imaginefitnessandyoga.com.

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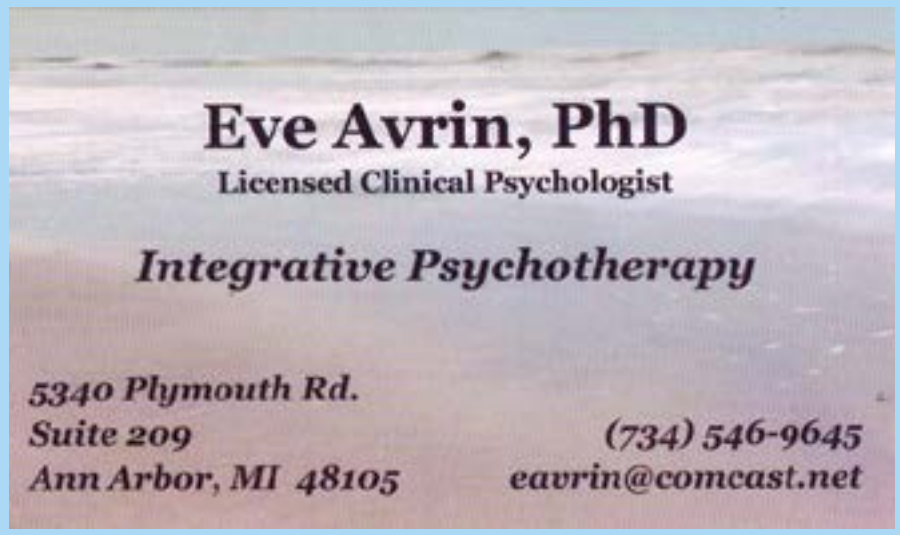
Cardio & Core Fusion with Jill Goldstein • Thursday, October 2, 9, 16, 23, & 30, November 6, 13, 20, & 27, December 4 • 9 to 9:50 a.m. • Step into Cardio & Core Fusion, a dynamic fitness class that seamlessly blends low-impact cardio with strength training and mat exercises, designed for all levels of fitness. Whether you're just starting your fitness journey or are an experienced enthusiast, this class adapts to your pace and abilities. $26 or Class Package available. For more information contact Imagine Fitness and Yoga at (734) 622-8119, email imagine@imaginefitnessandyoga.com, or visit imaginefitnessandyoga.com.

Total Body Strength with Lisa Camfield • Thursday, October 2, 9, 16, 23, & 30, November 6, 13, 20, & 27, December 4 • 6 to 7:00 p.m. • Increase your strength, improve your balance and stability, and have fun. This class uses different equipment to strengthen all muscle groups with an emphasis on core strength and stability. All experience and fitness levels welcome. $26 or Class Package available. For more information contact Imagine Fitness and Yoga at (734) 622-8119, email imagine@imaginefitnessandyoga.com, or visit imaginefitnessandyoga.com.

Mat Pilates with Sarah Atfield • Friday, October 3, 10, 17, 24, & 31, November 7, 14, 21, & 28, December 5, 12, 19, & 26 • 9 to 10:00 a.m. • Pilates involves a series of precise movements to strengthen your core muscles while making you more flexible. Pilates enhances posture, muscle tone, and joint mobility without high impact, flexibility, balance, coordination, concentration and is a great way to relieve stress. $26 or Class Package available. For more information contact Imagine Fitness and Yoga at (734) 622-8119, email imagine@imaginefitnessandyoga.com, or visit imaginefitnessandyoga.com.

Cycle and Strength with Jackie Farah • October 5, 12, 19, & 26, November 2, 9, 16, 23, & 30, December 7, 14, 21, & 28 • 8:30 to 9:30 a.m.• Improve your cardiovascular fitness as you progress through a class challenging you with increased endurance and strength rides. Hop off the bike and get work on targeted muscle groups to tone and strengthen. For more information contact Imagine Fitness and Yoga at (734) 622-8119, email imagine@imaginefitnessandyoga.com, or visit imaginefitnessandyoga.com.

Resources for Conscious Living



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The Crazy Wisdom Calendar

Festivals and Fairs

Mystic Market with Chandra Mitchel • Saturday, October 11 • Noon to 9:00 p.m. • Step into the magic! Join us for Crazy Wisdom's 1st annual Mystic Market! This day-long celebration brings together handmade local art, unique vendors, bodyworkers, and local intuitives and tarot card readers—all in one spot. Prepare to immerse yourself in the creative and healing spirit of our local community! Come curious. Leave enchanted! Interested in vending? Email Chandra to apply. For more information contact Chandra at chandra@crazywisdombookstore.com.

Active Against ALS Uncork a Cure • Thursday, October 16 • 6 to 9:00 p.m. • Please join us on October 16, 2025 from 6-9pm for our 3rd Annual Uncork a Cure for ALS. Enjoy an evening of food, drink, and entertainment while participating in our Online Auction. The event will be held at York Food & Drink in Ann Arbor. If you are unable to attend, please consider making a donation, becoming a sponsor, or make a donation to our auction. Visit our website at ActiveAgainstALS.org for more information or to register.

Enlightened Soul Holistic Psychic Fair with Enlightened Soul Center & Shop • Ongoing 1st and 3rd Saturdays • Noon to 6:00 p.m. • Join us for a fun-filled day at the Enlightened Soul Center! We have a selection of readers and healers for your enjoyment, along with visiting vendors for shopping! A great way to explore lots of readings and healings at one time, under one roof. Energy healers, shopping, snacks, and parking. $5. For more information visit enlightenedsoulcenter.com.

Film

Free Film & Discussion with Jewel Heart instructors • Friday, October 3, November 14, & December 12 • 7 to 9:15 p.m. •
September 12— *The Best Bad Thing*,1997. This is the story of a twelve-year-old named "Rinko Tsujimura" who is sent from her parents' California home for a character-building stay on her aunt's rural farm.

- October 10— *Flow*, 2024. A solitary cat, displaced by a great flood, finds refuge on a boat with various species who must navigate the challenges of adapting to a transformed world together.

- November 14— *One Night with the King*, 2006. The moving biblical tale of Esther, a humble Jewish girl, who saves her people from annihilation and wins the heart of the handsome Persian king Xerxes. A lush ode to one of the Old Testament's most inspiring women.

- December 12—*Resurrection*, 2016. The story of a woman who survives the car accident that kills her husband. Discovering that she has the power to heal other people, she becomes an unwitting celebrity, the hope of those in desperate need of healing, and a lightning rod for religious beliefs and skeptics.

FREE, donations welcome. Concessions available. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

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Food and Nutrition

Nutritionars(TM) & info-nars on Need-to-Know 21st Century Bioscience Key to Wellness Fall Seminar Series • Held Online and at To-Be-determined Venues • Typically 6:30 to 7:30 p.m. • Learn about the role pomegranate ingestion could have in mitigating Alzheimer's disease; about the science underpinning the purported benefits in the body obtained from ingesting certain foods/herbs/spices (cloves, cucumbers, cinnamon, etc.) $12 ea for groups of 3. $28 minimum for a solo session. For more information including current Nutritionar offerings please email ChE4theEarth@gmail.com.

Healing

Kidulting Makeover with Debra Metler • Saturdays, October 11, 18, & 25, November 1, 8, 15, & 22, December 6 & 13 • 11:00 a.m. to Noon • Are you feeling old and cranky? Have you lost your youthful energy? You might need a Kidulting Makeover on Zoom. Feel young at any age! Have a lot of fun! Experience better health, less stress, and increased creativity. Bring your friends. Minimum of 3 required. $20/person. For more information contact Debra at (248) 819-2131, email debmetler@gmail.com, or visit guffaw.square.site.

Herbal Medicine

Class Visits to Herbal Medicine Class with Mary Light • Ongoing Saturdays • Times TBD • Mary has always welcomed prospective students to meet and see our studio, and ask any questions, receive literature, and apply. FREE. For more information contact Mary at (734) 769-7794.

Identification of Edible & Medicinal Plants with Gabi May • Sundays, Exact Dates TBA • 4 to 5:30 p.m. Come learn how to identify edible and medicinal plants and hear their indigenous uses and western medicine stories from a medicinal chemist's perspective! $10. For more information contact Gabi at (269) 271-8797, email gabriellemay103@gmail.com, or visit mysticmay.com.

Herbal Medicine Class Meet and Greet with Mary Light • Saturday, October 18, & November 15 • 9:30 a.m. • Each date is a different topic, held the 3rd Saturday of the month, no background necessary. Holistic bodywork, Hydrotherapy, nervous system balancing. These are great previews to our year-long certification series. Full day of natural medicine classes for $150; ½ hour of FREE observation. For more information contact Mary at (734) 769-7794.

Herbal Medicine Certification Enrollment with Mary Light • Saturday, October 18, November 15, & December 6 • 11 a.m. to 3:00 p.m. • These are times to visit, register, enroll, meet Mary and students, and prepare yourself to participate in the Medicinal Herbalist Certification Program which begins January 2026; enrollment deadline is December 6. RSVP required. FREE. For more information contact Mary at (734) 769-7794.

Holistic Health

Steiner Health Two Week Life Force Intensive Health Retreat with Dr. Molly McMullen-Laird, MD and Dr. Quentin McMullen, MD • Monday, October 20 through Saturday, November 1 • This two-week intensive session is designed for ambulatory individuals with a variety of ailments, chronic illness, or anyone seeking a restorative regimen. $5300-$7200. For more information contact Steiner Health at (734)663-4365 or visit steinerhealth.org.

Reawakening the Mind-Body-Mother Earth Connection with Robin Lily Goldberg • Monday, October 27, November 3 & 10 • 6 to 7:00 p.m. •
This experiential series explores our vastness and interconnectedness. From reflexology to polyvagal theory, we'll rediscover how inner networks like the nervous system communicate with the natural world. By tracing our ties to the Earth, we can remember our wholeness and revive our sense of belonging. $45. For more information contact Robin at robinlily@outlook.com.

Intuitive and Psychic Development

Psychic Psychology Women's Group Meditation: Teleconference with John Friedlander & Gloria Hemsher • Tuesday, October 7, November 4, & December 2 • 7 to 8:00 p.m. • For women only; meditations concentrating on women's issues relative to biological energies and the aura. $10. For more information contact Violeta at 734-476-1513 or visit psychicpsychology.org.

Focused Mind Meditation: Teleconference with John Friedlander • Sunday, October 5, November 2, & December 7 • 9 a.m. to Noon • Development of sustained focused meditation makes it easy to develop a whole new magnitude of psychic skill and healing, as well as a new level mental clarity and spiritual openness. $15. For more information contact Violeta at 734-476-1513 or visit psychicpsychology.org.

October Intensive: Webinar & Teleconference with John Friedlander • Saturday, October 11 through Sunday, October 19 • Weekends from 10:00 a.m. to Noon AND 2 to 4:00 p.m., Weekdays from 7 to 9:00 p.m. • Deep sustained meditation and training, spending considerable time on each of the seven major chakras from a clairvoyant technical perspective. Continued study of information presented in previous intensives. $275. For more information contact Gilbert at gchoud@yahoolcom or visit psychicpsychology.org.

Massage

Public Massage Class with Irene's Myomassology Institute • Friday, October 24 • 7 to 9:00 p.m. • During this two-hour class, you will be able to learn basic techniques while giving and receiving a massage. This is an excellent opportunity for those interested in massage as a hobby or an introduction to massage as a career possibility. This popular class fills up fast. Reserve your spot now! $10. For more information contact the Institute at contact@irenes.edu or visit irenes.edu.

Meditation

Weekly Silent Meditation Practice with Celeste Zygmont • Ongoing Sundays from 11:00a.m. to Noon AND/OR Ongoing Tuesdays from 9 to 9:30 a.m. • This offering is open to all with a willingness to observe the self, kindly and rest in pure awareness. We begin with brief chanting, followed by silent Vipassana meditation. After the bell rings, you may leave or stay to share or ask questions. This is not a class or guided meditation—simply shared practice. Donation based. For more information contact the Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

A Day of Mindfulness Meditation with Esther Kennedy • Saturday, October 4; November 1; December 6 • 10:00 a.m. to 2:00 p.m. • Join our mindfulness community as we deepen our understanding of and commitment to daily meditation practice. Reflecting upon our relationships with honesty and courage, we amplify our capacity to be love within family, neighborhood, city, and world. $35.00 (Lunch included). For more information contact the Weber Center at (517)-266-4000 or visit webercenter.org.

Meditation on Serenity & Compassion with Khenpo Tshering Chophel • Saturday, October 4, 11, 18, & 25, November 8, 15, 22, & 29, December 6, 13, 20, & 27 • 10:30 to 11:30 a.m. Meditation on compassion starts with serenity then opens our hearts to genuine caring for all beings. Recognizing that everyone shares the wish to be happy and free from suffering, we practice broadening our focus beyond our own wellbeing. Ongoing; participants can attend whenever they wish; no prior meditation experience necessary. FREE, donations accepted. For more information contact Lama Nancy at (734) 649-2127, email lamanancy@karunabuddhistcenter.org, or visit karunabuddhistcenter.org.

White Tara Guided Healing Meditation with Jewel Heart Instructors • Sunday, October 5, 12, 19, & 26, November 2, 9, 16, 23, & 30, December 7, 14, 21, & 28 • 9:30 to 10:35 a.m. • Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. White Tara is particularly associated with healing and long life. These guided meditations use visualization techniques to overcome physical, mental, and emotional suffering. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Healing and Compassion Meditations with Hartmut Sagolla • Monday, October 13, 20, & 27, November 3, 10, 17, & 24, December 1, 8, 15, & 22 • Noon to 1:00 p.m. • Hartmut Sagolla leads a 30 to40 minute guided meditation on a Buddhist theme followed by discussion. Meditations are centered around healing oneself and others and developing compassion. They include concentrated meditation, visualization, and contemplative meditations. FREE. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Meditation with Jadal Tulku Lobsang Sherap • Tuesday, October 7, 14, 21, & 28, November 4, 11, 18, & 25, December 2, 9, 16, 23, & 30 • 6 to 6:45 p.m. • Join Jadal Tulku's weekly meditation sessions focused on becoming more aware of your thoughts, feelings, and sensations, opening the door to understanding the nature of your mind and how it influences your experiences. A wonderful opportunity to learn and practice concentrated and analytical meditations in a group setting. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

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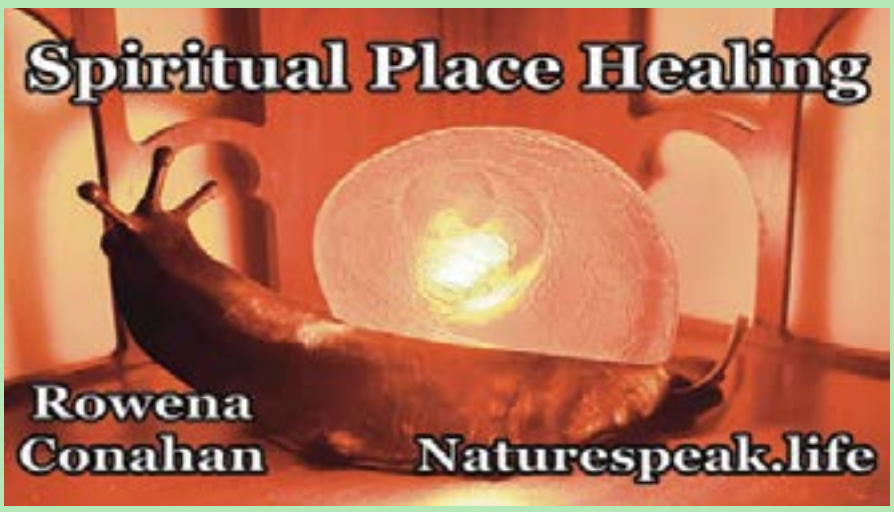

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Prophecy Pairing Games for Halloween

By Michelle McLemore

Standing at the kitchen counter, I picked a ripe apple from the bowl. I held it in my left palm contemplating its red and yellow colors, its smooth skin, the weight, and how it felt in my hand.

Then, with the right hand, I reached for the stem and began gently twisting it clockwise between my thumb, index, and middle finger. With each twist, a new letter: A, B, C, D, … until it broke free. "L"….hmm what boy did I know whose name started with an L? I had tried to reach "M," but this apple didn't bend to my will.

It was a child's game of prophecy, originating centuries earlier in times when women had limited options for making choices about their future. It was a time when a mystical glimpse ahead could yield comfort that a lass may have hope of a proper pairing and not end up a spinster, poor and pitied.

Halloween celebrations prompted many divination-type of dating activities over the years. Several English, Irish, and Scottish games divined future spouses with the use of apples, nuts, spices, trinkets, vegetables, and candles. Some even hired "fortune-tellers" for in-person readings for party attendees. Are you planning a Halloween party this month for youngsters? Perhaps you will try out a few of these games?

The Jackson Citizen Patriot newspaper from 1895 described three separate ways that apples could be used to zero in on a future husband. For the lone snacker, a young girl could carefully peel an apple, holding her breath while daring not to break the spiral peel. Once removed from the fruit, she was to twirl the peel carefully three times about her head, let go, and watch carefully to see what initial of her future husband would take shape as it dropped to the floor. A maid may also remove two apple seeds from the core. After naming each one for a male of interest, she would place each one on each eyelid. The one that clung the longest would be her long-term mate.

When one's options are numerous or haven't been narrowed, one could fill a tub with water and apples—each apple carved with the initials of a potential partner. In classic bobbing style, arms behind the back, face first, the apple a lass succeeded in gripping between her teeth, was her predicted spouse. For a party of all singles, it could be either women or the men who bobbed to see which of the guests present would be her escort for the evening's festivities. These light-hearted quests may have us rethinking the reason for the old maxim that someone is the "apple of my eye."

Another game utilized a tray of vegetables to select dance partners. Beets, onions, carrots, turnips, potatoes, and so forth were attached to a card with a gentleman's name. A blindfolded lady was led to the tray to choose a vegetable and consequently who her escort would be during the night. Did the gentlemen put much thought into which vegetable would be their talisman or were they randomly assigned by the party host? How many young ladies stood before that tray trying to sense the persona and traits of each man as her hands flowed over the vegetable tray?

In various parts of England, Samhain Night and Halloween were often referred to as "Nut Crack Night." Filberts, a European hazelnut, were placed in a pan over a fire to roast. As the nuts heat up, they pop open. The behavior of the nuts were watched carefully by love-struck young ones.

lif a nut popped out of the pan, this would indicate she would certainly find romance. A young man with multiple prospects might watch the development of several nuts, each named for a potential mate. English Poet, John Gay's fourth poem, *Thursday; or, The Spell*, in his larger satirical work *The Shepherd's Week*, published in 1714, went into detail of the traditions and folklore of common country folk.

Two hazel-nuts I threw into the flame,
And to each nut I gave a sweet-heart's name.
This with the loudest bounce me sore amaz'd,
That in a flame of brightest colour blaz'd.
As blaz'd the nut, so may thy passion grow,
For 'twas thy nut that did so brightly glow.
[The full poem may be read at allpoetry.com/The-Shepherd's-Week-:-Thursday;-or,-The-Spell.]

Unmarried couples together would watch roasted nuts for indicators of their love's faithfulness. Burning calmly together, two nuts would indicate a smooth courtship and marriage. However, if the warming nuts jumped or shimmied away from each other the wooing would be fraught with trials. Additionally, if a nut jumped out of the pan or grate, it was believed the mate would be unfaithful. Imagine what awkward silence, protestations, or nervous giggles, may follow the observation.

In other areas of Europe, nuts were ground into flour for breads and mini cakes. One belief is that if the special cakes were eaten before bed, they would give the sleeper prophetic dreams of their future beloved. Later when All Soul's Night came into practice, butter and sugar were added to the recipes to make a sweeter alternative to celebrating the former less than Christian traditions.

Another divination game based on cake from the 1890s involved baking small items inside of the pastries for party go'ers to discover while eating. (A derivation would be to make one large cake and spread out the items so they would be in different slices when cut and distributed to guests.) The items for discovery included a ring, thimble, penny, key, and button.

The tradition goes that at 9 p.m. the cake(s) were served and cut to the ladies. Linda Barrett shared this poem by an anonymous author:

"The ring for marriage within a year;
The penny for wealth, my dear.
The thimble for old maid or bachelor born;
The button for sweetheart all forlorn;

The key for a journey to make all right;
And this you will see next Halloween night."

The second part of the tradition gets a bit messy. In one telling, the person who didn't find anything in their cake is to preserve part of it to put under their pillow at the next full moon and sleep on it for three successive nights to prompt a prophetic dream.

For families to get involved in the fun, the Irish/Celtic Samhain feast often included the baking of Barmbrack (fruit-speckled bread) which had tokens for prophecy baked inside. Trinkets might include a small stick symbolizing hard times, cloth for hard times, a coin for prosperity, and a ring for marriage.

Finally, when wrapping up a holiday party, the host could give each guest five bay leaves. At home, the recipients would pin a bay leaf to each corner of their pillow and one in the middle and designate each leaf for a different person of romantic interest. Whomever the sleeper dreamt about was believed to be their destined future spouse.

I recall another memory: a summer's meandering around the yard, my eye lit upon a daisy.

There, I plucked it (would not-so-now),
And half-heartedly began the rhyme:

"He loves me, he loves me not,"
And pulled each petal in its time.

My anxious heart raced on ahead
As when in class near came my turn to read aloud.
How many petals were left to give me hope?
How many lines before I craved a shroud?
Bumbling through, I would be pitied, cowed,
Yet I stayed resolute, head not bowed.

I never read *The Daisy Oracle* published in 1471 by Clara Hätzlerin, a German nun. And yet over 500 years hence, the sentiment remains carried across continents, oceans, and time. Will we find a pleasant match? Will our relationships be smooth or marked by turmoil? How will we navigate the seas? How long will we be blessed, or fortunate, to have a hand to hold, an embrace to catch our breath within, and someone with whom to face the winter's wind?

May it be long enough for us each to learn gratitude for our past, peace in our memories, and hope for the world.

Michelle McLemore is a freelance writer, energy wellness practitioner, stress management guide, and workshop presenter. Her background as a psychology and writing teacher supports personalizing client care and business/school workshops for creating balance and enhancing vitality. Learn more at facebook.com/MichelleMcLemoreHealingGuide or follow her at instagram.com/michelle.mclemore/ or mclemore.substack.com/

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The Crazy Wisdom Calendar

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Classes | Events with Spirit | Retreats
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Deep Spring Center is a 501(c)(3) non-profit. See website for details.

Meditation continued...

Never-Ending Lamp of Liberation: A Lam Rim Master Class with Demo Rinpoche • Tuesday, October 7, 14, 21, & 28, November 4, 11, 18, & 25, December 2, 9, 16, 23, & 30 • 7 to 8:30 p.m. • In Tibetan, Lam Rim means the Stages of the Path and concisely presents the Tibetan Buddhist path in logical steps that can be learned by the practitioner. With Rinpoche's special guidance, the Lam Rim can help us develop a stable mind committed to enlightenment. No charge for Jewel Heart members / $100 for non-members who are registering for the first time. Give what you can; no one is turned away. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Introductory Meditation Course with Ordained Meditation Teachers • Thursday, October 2 & 9 OR October 16, 23, & 30, November 6 & 13 • 6:30 to 8:30 p.m. • The viewpoint of Zen is that life lived fully in each moment is the end and purpose in itself, and not the means for something else. Held in the Temple's meditation hall, the course includes simple stretching exercises, work with the breath, meditation postures, concentration, and mindfulness practice. Cost is $160/$120 unwaged. For more information contact the Zen Buddhist Temple at (734) 761-6520 or email annarborzentemple@gmail.com.

Overnight Beginner's Zen Retreat with Ordained Meditation Teachers • Friday, December 5 & 6 • 7:00 pm to Noon • Held in the Temple's meditation hall, the course includes simple stretching exercises, work with the breath, meditation postures, concentration, and mindfulness practice. In addition to meditation instruction, the workshop includes overnight accommodation and a vegetarian breakfast. Cost is $160/$120 unwaged. For more information contact the Zen Buddhist Temple at (734) 761-6520 or email annarborzentemple@gmail.com.

Mindful Yoga & Meditation Workshop with Andrea Astley Dinsdale of Crysterra Wellness • Friday, October 17 • 7 to 8:30 p.m. • Experience a calmer nervous system and overall sense of well-being with this mindful yoga practice paired with meditation. In this gentle workshop, we will combine yoga, mindfulness, and meditation with singing bowls to cultivate the many benefits associated with a mindful meditation practice. Suitable for all fitness and experience levels. $30/$35. For more information visit crysterrawellness.com.

GOM Day of Meditation with Jewel Heart Instructors • Saturday, October 18 • 9:00 a.m. to 5:00 p.m. • Meditation is an essential tool that helps develop peace, joy, concentration, and wisdom. The day includes practice sessions with light guidance. Instructors are available for assistance. Silence will be enjoyed throughout. Come when you can. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

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dellAureo WELLNESS

Music, Sound, and Voice

Folk Song Jam Along with Lori Fithian & Jean Chorazyczewski • Wednesday, October 1 & December 3 • 6 to 7:30 p.m. • Join us for a different type of sing along—we'llproject lyrics and chords on a screen so you can sing and play along! All singers and players (especially beginners) welcome—Guitar, Ukulele, etc. We sing a little bit of everything—songs by folks! Come Join us! FREE. For more information contact Lori at (734) 426-7818, email folksongjamalong@gmail.com, or visit facebook.com/folksongjamalong.

Soundbath Meditation with Michelle Camilleri • Thursday, October 2, & November 6 • 6:30 to 7:30 p.m. • Immerse yourself in the healing frequencies of 432hz chakra crystal singing bowls, gong, and various sound tools. Perfect time for self-care as you reboot your nervous system, enter into a deep meditative state, &andsurrender what no longer serves. $30. For more information contact Michelle at michelle.camilleri26@gmail.com.

Singing for Comfort with Layla Ananda • Thursday, October 9, November 13, & December 11 • 7 to 8:15 p.m. • We sing short, easy-to learn, comforting songs, many of which come from the Threshold Choir repertoire. You can sing along, lead a song for our friendly, welcoming group (usually a dozen people), or simply listen. FREE, donations accepted. For more information visit interfaithspirit.org or mattwatroba.net.

Cafe 704 with Interfaith Center for Spiritual Growth • Friday, October 11, November 8, & December 13 • 7 to 9:00 p.m. • Live music in a smoke- and alcohol-free venue, in person or livestream on Zoom. Schedule as follows: PATH (Sep. 13), Paul Vornhagen & Aron Kaufman (Oct. 11), Emily & Sam Slomovits featuring music of Joni Mitchell (Nov. 8), Marlena Studer and Steve Ragsdale (Dec. 13). For more information visit interfaithspirit.org.

Community Sound Bath with Rob Meyer-Kukan • Wednesday, October 3, AND/OR Friday, November 7 • 7 to 8:30 p.m. • Join Rob Meyer-Kukan for this sound bath meditation where he will use singing bowls, gongs, and more to create a gentle soundscape perfect for deep relaxation and peace. September sound bath theme: chakra balancing sound bath; October sound bath theme: cosmic journey of sound; November sound bath theme: gratitude. For more information contact Rob Meyer-Kukan at (248) 962-5475, email contact@7notesnaturalhealth.com, or visit 7notesnaturalhealth.com.

Daytime Sound Bath with Rob Meyer-Kukan • Thursday, October 16 from 1 to 2:00 p.m. AND/OR Wednesday, November 19 from 10 to 11:00 a.m. • Join sound therapist, Rob Meyer-Kukan, at 7 Notes Natural Health for this daytime sound bath for busy souls. Relax into a zero-gravity chair and float into this time of deep relaxation. October resonant relaxation theme: a journey out of this world; November resonant relaxation theme: grateful. $40. For more information contact Rob Meyer-Kukan at (248) 962-5475, email contact@7notesnaturalhealth.com, or visit 7notesnaturalhealth.com.

Candlelit Sound Bath with Rob Meyer-Kukan • Friday, October 19 • 7 to 8:15 p.m. • Join Rob Meyer-Kukan for this candlelit sound bath meditation at thePARC in downtown Plymouth, Michigan. Rob will play metal and crystal singing bowls, chimes, and more in a sound bath that will wash you with sounds intended to bring calming vibrations to reduce stress and ease tension celebrating our beautiful, creative, and amazing emotions. $40. For more information contact Rob Meyer-Kukan at (248) 962-5475, email contact@7notesnaturalhealth.com, or visit 7notesnaturalhealth.com.

Breathing in My Autumn Body: Qigong, Breathing, Sound, Visual Journaling, and Seasonal Tea with Mary Ledvina & Jennifer Flynn • Saturday, October 25 • 1 to 4:00 p.m. • Qigong with acupressure and breath will help you move in harmony. The sound bath will focus on your breath. Then you will express your breath on paper with words or lines. Next, do a simple art exercise with the seasonal elements that needs no art experience. End with sharing and a calming tea. $75. For more information contact Mary at (734) 646-9161, email maryledvina@gmail.com, or visit maryledvina.com.

Kath Weider & Spirit Singing Band • Friday, November 14 • 7 to 9:00 p.m. • Join lead vocalist, Kath, plus band members, Lori Fithian, Sam Clark, Dan Bilich, and special guests for an evening of songs, song prayers, chants, and improvisational "circle singing," inspired by the work of Bobby McFerrin and his Voicestra. $15 / all donations welcome. For more information visit interfaithspirit.org.

Naturopathy

Year-Long Natural Medicine Certification with Mary Light • Begins October 4 • Gain practical and applicable methods of traditional naturopathy to form a foundational background; integrate natural medicine treatments and principles into daily and professional life. In each class, topics and experiences of traditional natural medicine are introduced, demonstrated, and practiced, with immediate benefits. $2,850. For more information visit naturopathicschoolofannarbor.net.

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Roadside Marsh

By Frank Vandervort

The westbound traffic on Interstate 94 is at a crawl this morning and I couldn't be happier. It's a Wednesday and brilliant sunshine glints in my rearview mirror.

About halfway between home and my office at the university, a small marsh lays up next to the highway partly shadowed by the Platt Road overpass. Tucked in behind a red brick apartment building along the edge of a residential neighborhood, the marsh covers an acre, maybe two. On the edge furthest from the highway, there is an area of open water. The basin containing the marsh is deep enough that this pool never dries up, though for much of the summer, when the hydrophytes are at their tallest, passersby on the expressway get only an occasional glimpse of the water.

The interstate and the surface road flow day and night with traffic—cars, trucks, motorcycles, recreational vehicles of every description. However, the marsh's proximity to all that human activity does not prevent it from being an active bit of the natural world.

Science has caught up to what we humans know intuitively: exposure to nature, even a little, and even if under less-than-ideal circumstances, when we cannot immerse ourselves, has tangible benefits for our physical and emotional health. Exposure to the out-of-doors has been shown to reduce stress, speed recovery from illness and injury, and to reduce the symptoms of attention deficit hyperactivity disorder in children. Living in a suburban area, and working on an urban campus, my mind and body sometimes longs, even aches, for the chance to be immersed in nature.

The interstate and the surface road flow day and night with traffic—cars, trucks, motorcycles, recreational vehicles of every description. However, the marsh's proximity to all that human activity does not prevent it from being an active bit of the natural world.

I pass this little marsh two or three times a week, and sometimes five, so I have the chance to observe it as it changes gradually throughout the year. In late August, as the new school year approaches, the marsh grasses, the cattails, and the sedges are dense and green. When the breeze stirs them, they sway together like so many waltzing couples. In a few weeks, as the shortening days of late summer fold into the even shorter days of autumn, the color will gradually drain away. The grasses, cattails, and sedges will grow at first tawny, then brown, then a sickly, almost colorless, cream. Rather than dance in the gentle breeze, their dried stalks will rattle and scrape in the sharper winds of winter. The view of the pool, which has been partially obscured for the past several months by the robust flora, will open again.

Some mornings, small flocks of ducks, Canada geese, or a pair of swans float in the open water, using the small pool as a layover during migration. The water on which they bob ranges in color from light blue to near black as it reflects the changing conditions of the sky. This morning it is a light gray, the slanting morning sunlight having not yet reached the water's surface. The passing fowl are there for a day or two and then they are gone.

On chill autumn mornings fog (caused when the cool air passes over the warmer water) rises from the pond. Later in the fall, around Thanksgiving most years, ice develops on the pool. Recent winters have been so mild the water is often open into January. When the surface does freeze solid, snow blows in wispy, curling fingers across the ice, accumulating along its edges, where the foliage acts like a natural snow fence.

One thing that does not change is the half-dozen or so dead hardwoods scattered in the marsh and around its edge. One is large and has plainly stood in its place for decades. A maple, I think, its trunk straight and thick. The tree has been dead long enough that its smaller branches have fallen away, and its bark is sluffing off. The presence of these snags makes me wonder about the origin of the marsh. The basin must be of relatively recent vintage given that the area was at one time dry enough for these hardwoods to reach full maturity before drowning. Is the marsh the result of the unintended impoundment of water that resulted from the construction of the interstate and the surface street? Is it a glacial pothole that has gradually expanded to encroach on the adjacent hardwoods? Or is it simply a low spot in the ground that has, over the years, filled with rainwater and snowmelt?

In late August, as the new school year approaches, the marsh grasses, the cattails, and the sedges are dense and green. When the breeze stirs them, they sway together like so many waltzing couples.

Whatever its origin, today it is a vibrant miniature ecosystem frequented by waterfowl, songbirds, and, sometimes, by raptors. In this morning's light, the dead maple's upper branches—bare, arching and spread wide—reflect the salmon tint of the sunrise. Many mornings a red-tailed hawk assumes a perch high in this snag, a perfect platform for surveying the roadside and the marsh for prey.

As the cold season melts into the earliest days of spring, the marsh gradually awakens. Color creeps back into the grasses' stalks. The thawing brings insects, and the insects attract the avian residents and visitors. Soon I will see the season's first red winged blackbird, a sure sign that spring is at hand. They alight on the sturdy plants along the marsh's edge. Despite the highway's noise, I often lower the passenger side window to catch their sweet "creee-e-e, creee-e-e."

For the rest of my drive to the office this morning, I reflect on my life choices. More than three decades ago, I settled on living an urban life, one very different from my rural childhood in Northern Michigan when I lived close to the natural world. It's a decision that I've struggled with at times ever since. Over the last several of those years, this little roadside marsh has provided a window—limited and momentary, though soothing—into a wild landscape. It has provided a reprieve from the relentlessly developed landscape of city and suburb. The calmness I feel passing it helps me prepare for the hectic day ahead, and to appreciate a good traffic jam.

It has provided a reprieve from the relentlessly developed landscape of city and suburb. The calmness I feel passing it helps me prepare for the hectic day ahead, and to appreciate a good traffic jam.

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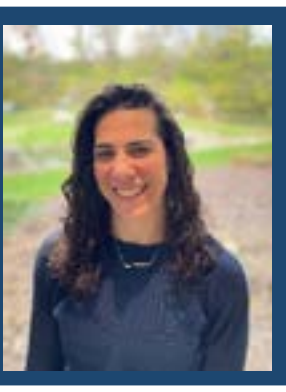

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The Crazy Wisdom Calendar

Peace

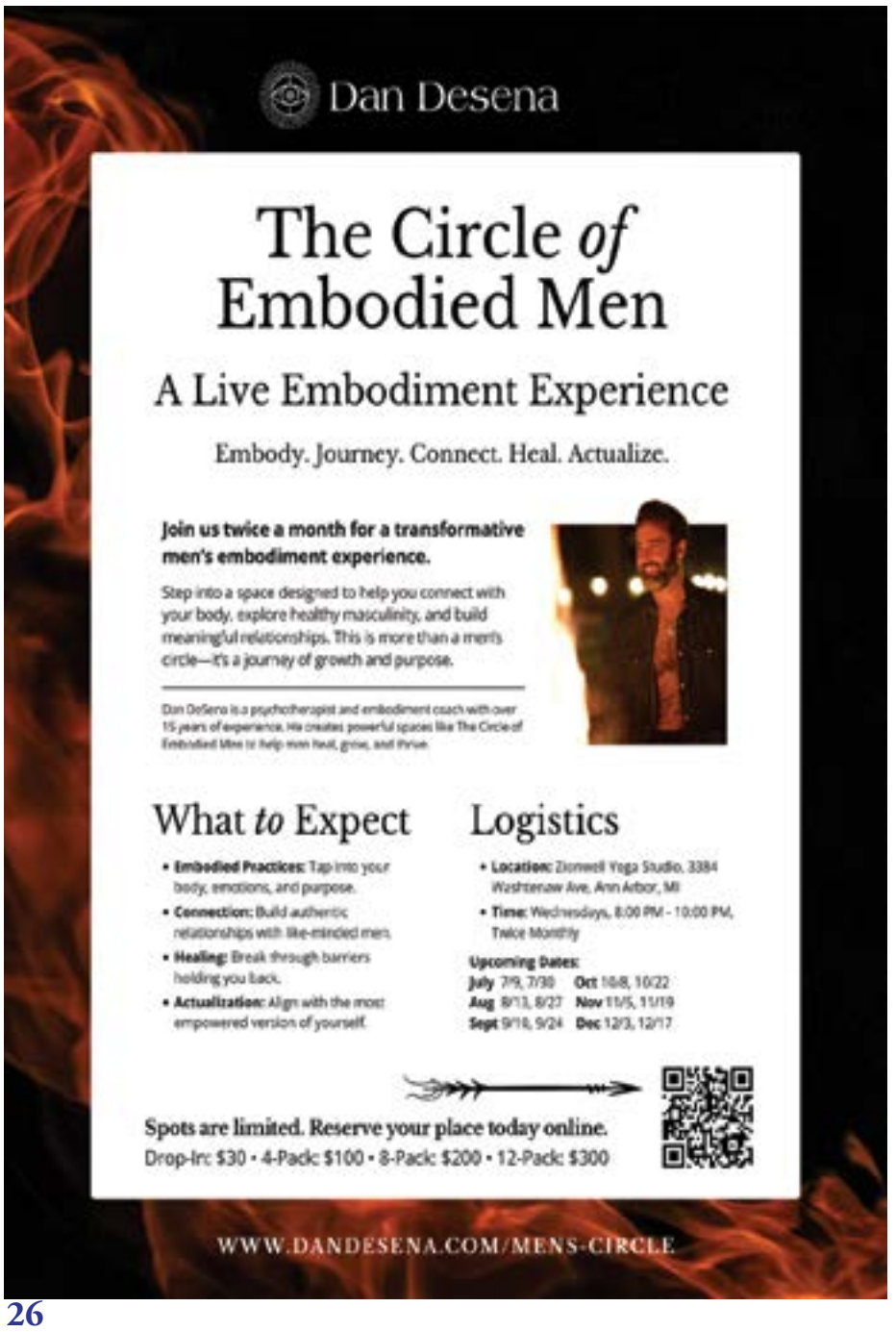
Peace Generator with Craig Harvey • Friday, September 19, October 17, November 21, & December 19 • 7 to 9:00 p.m. • Join our silent circle, in person and on Zoom, as we meditate on or pray for healing, miracles, and peace within ourselves and across the globe. FREE, donations gratefully received. For more information contact Craig at peacegenerator2001@gmail.com.

Personal Growth

Everything's Working Out Perfectly with Karen Greenberg • Sunday, October 5, 12, 19, & 26, November 2, 9, 16, 23, & 30, December 7, 14, 21, & 28 • Times TBA • Have you ever felt so overwhelmed with so many things to do that you become very anxious and don't even know where to begin? Then this devolves into you becoming more disorganized, inefficient, and unproductive? Then, Everything's Working Out Perfectly, is perfectly suited for you! Please come and join us! Class format (3+ people) - $100 per person, 3-hour session. For more information contact Karen at (734) 417-9511, emal krngrnbg@gmail.com, or cvisit clair-ascension.com.

The Circle of Embodied Men with Dan DeSena • Wednesday, October 8 & 22, November 5 & 19, December 3 & 17 • 8 to 10:00 p.m. • Step into a space designed to help you connect with your body, explore healthy masculinity, and build meaningful relationships. This is more than a men's circle—it's a journey of growth and purpose. $30/session. For more information contact Dan at (734) 368-7819 or email desenadan@gmail.com.

Ann Arbor Nonviolent Communication Immersion Program Autumn 2025 with Lisa Gottlieb • Saturday, October 18, November 15, & December 13 • 1 to 5:00 p.m. • Join Lisa Gottlieb MSW, Certified trainer with the Center for Nonviolent Communication for this four-month NVC program. Interactive and experiential, for all levels of NVC proficiency. All dates sliding scale $100-$300. For more information contact Lisa at (734) 417-1144, email nvclisagottlieb@gmail.com, or visit lisagottlieb.com.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Reiki

Usui/Holy Fire® Reiki I and II Certification with Andrea Kennedy • Monday, October 6 & Tuesday, October 7 • 9:00 a.m. to 6:00 p.m. • This immersive two-day Reiki I & II class is designed for beginners. Through lecture, discussion, and guided practice, you'll learn Reiki history, hand positions, Japanese techniques, distance healing, and more. Experience four healing meditations, receive Level I and II attunements (placements), and gain the confidence to treat yourself and others. With real-life stories, hands-on practice, and personalized guidance, this in-person class offers a powerful introduction to Reiki. No experience needed. Additional dates taught live online. Located at the Residence Inn by Marriott ,120 West Huron Street, Ann Arbor, Michigan 48104. $1,095. For more information email Andrea at contact@mainstreamreiki.com.

Usui System of Reiki Healing, Second Degree with Suzy Wienckowski • Saturday, October 25 from 10:00 a.m. to 5:00 p.m. & Sunday, October 26 from 10:00 a.m. to 1:00 p.m. • Second level of training in the Usui System of Reiki Healing. Students learn and are empowered to use the three sacred Reiki symbols. The symbols focus and intensify the Reiki energy enabling the practitioner to heal on a deeper level and to send Reiki at a distance. (First Degree training is a prerequisite.) $500. For more information contact Suzy at (734) 476-7958 or email suzyreiki@aol.com.

Restorative Yoga & Reiki-Lithotherapy Workshop with Andrea Astley Dinsdale of Crysterra Wellness • Friday, December 12 • 7 to 8:30 p.m. • Enjoy this gentle, calming yoga practice paired with the healing benefits of Reiki-Lithotherapy. This deeply nurturing and informative workshop teaches stress/anxiety reduction with appropriate crystals placed on the body as well as a mini-Reiki/Lithotherapy session from the instructor. Suitable for all fitness and experience levels. $30/$35. For more information visit crysterrawellness.com.

Retreats

Five-Day Fall Meditation Retreat with Haju Sunim • Wednesday, October 8 through Sunday, October 12 • This retreat is an intensive period of Zen practice geared toward the experienced student. Cost is $60/day, $50/day for members. Partial attendance can be arranged. For more information contact the Zen Buddhist Temple at (734) 761-6520 or email annarborzentemple@gmail.com.

Inside Tara's Mandala: Invoking Inner Strength through the Practice of Visualization & Protection with Khenpo Tshering Chophel • Friday, October 10 through Sunday, November 2 • Tara is the great protectress who removes obstacles for those who know how to enter her mandala through time-tested Vajrayana Buddhist practices, fulfilling all wishes and bringing us closer to ultimate reality. This retreat is designed for practitioners with some experience of meditation and Buddhism. $225 includes meals; optional overnight accommodations additional. No one turned away for lack of funds. Partial attendance is acceptable; the fee will be reduced accordingly. For more information contact Lama Nancy at (734) 649-2127, email lamanancy@karunabuddhistcenter.org, or visit karunabuddhistcenter.org.

Fall Yoga & Self-Care Weekend Retreat with Christy DeBurton • Friday, October 17 at 4:00 p.m. through Sunday, October 19 at Noon • Whether you are a new or experienced yogi, savor a peaceful weekend of self-care: yoga, nature, farm-to-table meals, good company, and time to unplug from the outside world. Pricing varies. See website for details. For more information contact Christy at info@christydeburton.com or visit christydeburton.com.

Autumn Retreat for the Soul with Diane Ratkovich of Stable Wisdom Coaching and Lisa Patrell of dellAureo Wellness • Saturday, October 18 • 10:00 a.m. to 4:00 p.m. • A day retreat to integrate past stories and envision your next story. You will engage with horses, mind & bodwork, creative expression, and journalling. This is an outdoor event. Lunch and snacks are provided. Bring a yoga mat. This is an inclusive event for adults 18y or older, all genders, all ethnicities, all backgrounds. $295. RSVP to Diane at (734) 845-6542 by Oct 10.

Somatic & Parts Work Pathways for Healing Practitioners: Moving Voices with Carrie Hatcher-Kay, Kath Weider, & Stefanie Cohen • Sunday, October 26 • 9:30 a.m. to 5:00 p.m. • This full-day retreat for healing practitioners offers a unique and professional container in which to explore presence/self-essence. Together we will delve into realms where stillness, embodiment, imagination, sound/music, are called in as resources for the therapeutic setting and for one's own life. $175 before October 1st. For more information contact Kath at kathweider@gmail.com.

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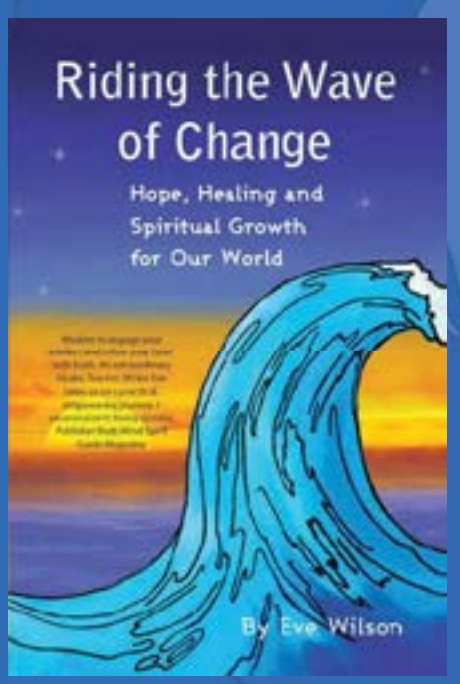

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GUARDIANS IN THE MIST:

A conversation with a Sandhill Crane

By Peggy River Singer

My earliest memory of Sandhill Cranes is from a funeral at our little country church. That sunny autumn morning was cool, with six feet of mist hovering above the ground. At the cemetery, three Sandhill Cranes waited nearby, standing guard over the interment of a man who had deeply loved the natural world all his life. Years later, my copy of *Animal-Speak* by Ted Andrews *described Cranes as sacred guardians, and that image has always resonated with me.*

Crane: It has been many years since we first met, and I rejoice to connect with you once again!

It is appropriate that some humans perceive us to be guardians, since we do indeed have that assignment from Creator. Our height allows us to see all who approach. Although we are not aggressive by nature, our size alone often dismays many predators and discourages them from attacking us or our children.

By the way, we are aware of our own youngsters being compared to horse youngsters (colts) and we find this imagery to be delightful! [chuckles and ruffles his shoulders]

We appreciate this historical era when many thousands of our people live in this land after nearly becoming extinct. This growth in numbers thanks to changes in human behavior has occurred within your own lifetime and has been deeply meaningful to you, which gives us a unique connection of compassion and love.

Peggy: Can you say more about your role as guardians? I feel like there must be more involved than your physical size.

Crane: We embody, demonstrate, and share the energies of groundedness, courage, and appropriate action. We do not pointlessly seek to trouble others, but we are ready and willing to respond to trouble appropriately. Sometimes this includes assisting other kinds of creatures who are in danger.

Peggy: What other roles has Creator given your folk?

Crane: Our unseen [unrecognized by humans] power is our partnership with magnetics, which have their own form of sentience and communication. Like many migrating birds we depend on the magnetic network of the planet, so with each migration we evaluate and lovingly adjust the subtle energies of these natural energetic fields. All living things connect with these fields in some way, so we are proud of our service to all. We also make adjustments as needed outside of migration journeys. All Crane species are part of this partnership.

Peggy: Can you see the magnetic energy?

Crane: It would be more correct to say that we visualize the energy and its patterns, for our own convenience. Our physical eyes cannot see it.

Peggy: Do non-migratory cranes also do this work?

Crane: They are equally able to manipulate the magnetic energies of the whole planet, though they focus more on their local areas.

Peggy: Can humans perceive these subtle irregularities and your adjustments?

Crane: Your scientists will soon be able to study the frequencies we work with. Whether they notice our adjustments and realize those adjustments are achieved by "mere" birds remains to be seen!

Peggy: Your people are well known for your remarkable dances.

Crane: Our dances express both groundedness and freedom from restrictions and expectations. Many of our dance movements are instinctual, but there is also room for creative expression. The joy of dancing with one's beloved mate is exhilarating; I recommend it to human couples!

Peggy: Is there anything else you'd like to say today?

Crane: Every living thing embodies miracles. Look beyond the feathers, fur, scales, or skin and expect to find wonders beyond your imagination! This conversation is complete.

Peggy River Singer is an all-beings communicator, faerie ally, Pleiadian Starseed, Lightworker, and lifelong writer. More of her articles and channelings are posted on angelsfairiesandlife.wordpress.com. To request a communication session, please call 734-548-0194.

Advent Retreat with Carol Ann Gross • Sunday, November 30 through Thursday, December 4 • Listening to the ccripture, reflection on its meaning, meditation, and quiet contemplation of the word will provide the context for a retreat which prepares us all for living fully the liturgical call to recognize and accept this new experience of God which begins with Jesus the Christ. Cost: Commuter: $125; Double: $225; Single: $325. For more information contact the Weber Center at (517)-266-4000 or visit webercenter.org

Shamansim

Journey Circle with Judy Liu Ramsey • Thursday, October 2 & 16, November 6 & 20, December 4 & 18 • 7 to 8:30 p.m. • Twice monthly shamanic journeying for personal inner work on themes designed to help you through transitions and new cycles of your life. Pre-requisite: knowing how to journey. For more information contact Judy at info@JudyRamsey.net or visit JudyRamsey.net.

Shamanism, Death, & Dying with Connie Lee Eiland • Saturday, October 25 & Sunday, October 26 • 10:00 a.m. to 5:00 p.m. • This workshop heightens our spiritual understanding of death and dying and teaches ways to assist others as they approach transition. This class includes individual and group psychopomp, which is helping souls cross over. $200 until October 11; $230 after. For more information contact Connie at (248) 809-3230 or email clshebear7@gmail.com.

Creating Safety and Sacred Space with Connie Lee Eiland • Thursday, November 9 • 10:00 a.m. to 4:30 p.m. • Creating safety is important not only for all attending, but also to strengthen the work. This class gives you practices, journeys, ways of looking at safety and sacred space that will serve you and your clients. It is experiential. You will clear space before and after and set an altar together becoming aware of the aliveness of all beings. $100 until October 25, then $130. For more information contact Connie at (248) 809-3230 or email clshebear7@gmail.com.

Spiritual Development

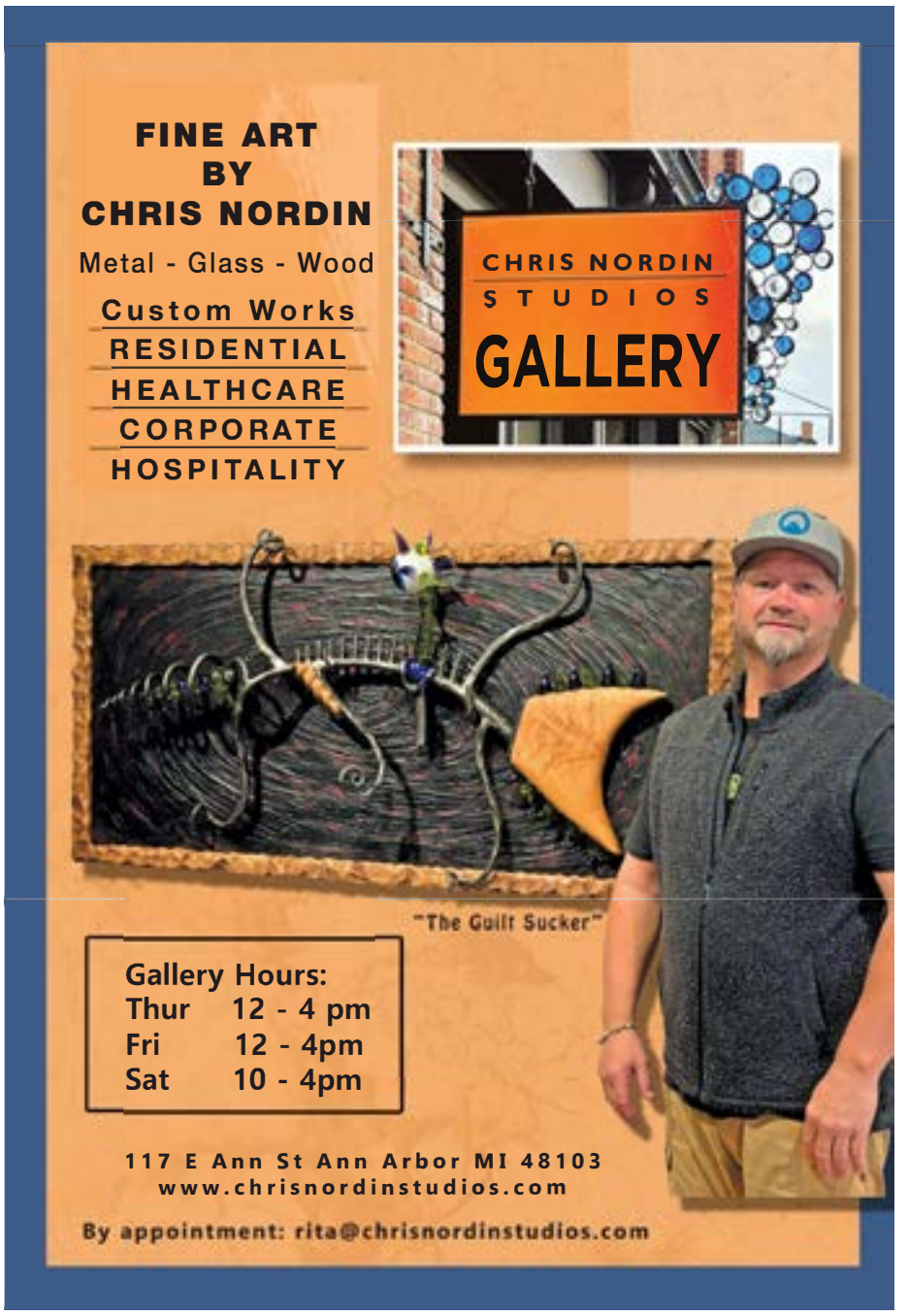
Sufi Gathering with Imam Kamau Ayubbi • Ongoing Tuesdays • 7 to 8:00 p.m. • An evening of discussion and Sufi chanting on Zoom. A donation of $5-$10 is suggested. For more information visit interfaithspirit.org.

The Missing Piece: Connecting With and Cultivating Your Personal Relationship with G-D with Karen Greenberg • Sunday, October 5, 12, 19, & 26, November 2, 9, 16 & 23, December 7 & 14 • 1:30 to 4:30 p.m. • Seven-month course. You will leave with a spiritual practice you design from tools/ways that resonate with you. Find the divinity in yourself and others; connect, trust, surrender, serve; be comforted, healed, protected, guided by G-D for your soul's purpose, dreams, challenges, lessons; possibly find community. Class format (3+ people) - $100 per person, three-hour session. Private with Karen - contact for fee. For more information contact Karen (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascension.com.

That Which is Already Awake is the Path: Awakening to the Joy and Unconditional Love Within with Barbara Brodsky, Aaron, & John Orr • Tuesday, October 7 & 21, November 4 &18, December 2 & 16 • 6:45 to 9:00 p.m. • Each class blends meditation instruction with shared exploration. Sessions include a talk from Aaron, time for questions, and related practice. Together, we remember what is already awake within us and the practices that support resting in presence. How do we meet life's challenges with clarity, compassion, and deep, grounded participation in a changing world? For more information contact the Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

Do Humans Have a Future—and How Do We Get There?" With John Beck & Others • Tuesday, October 21 & 28, November 4 & 11 • 7:15 to 9:00 p.m. • Known for deep consciousness research and practical initiatives growing worldwide, Rudolf Steiner is a midwife to an emerging global civilization. In September we'll address what new generations face: AI, climate chaos, persistent brutal warfare, and social-political strife. How can a larger understanding of being human equip us to raise the standards of our own lives and move humanity toward planetary collaboration? Part two in October-November will present in each evening several instances of life-changing, Steiner-inspired initiatives. FREE, donations welcome. Located at the Rudolf Steiner House, 1923 Geddes Ave., Ann Arbor, MI 48104. For more information contact John at (718) 644-7913 or email jhbeck23@gmail.com.

Words of the Teachers: An Open Mic Tribute to the Masters with Chandra Mitchel • Friday, October 17 • 7 to 8:30 p.m. • Gather with us in Crazy Wisdom's upstairs Celestial Lounge for candlelit readings of selected writings from revered spiritual teachers such as Rumi, Ram Dass, Hafiz, or Krishnamurti. This open-mic event is designed to foster a sense of community, spiritual reflection, and creative expression in a serene atmosphere. FREE; please consider a suggested donation of $5. Want to join our list of readers for the evening? Email events@crazywisdombookstore.com to sign up! For more information contact Chandra at chandra@crazywisdombookstore.com.



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Transforming Consciousness with Diarmuid O'Murchu • Saturday, October 25 • 9 a.m. to 2:00 p.m. • How the evolutionary consciousness of our time is changing our understanding of religion and leading many people toward a more adult appropriation of faith. This event will be divided into input from our speaker, group discussion, and interaction with Diarmuid. Cost: $55.00 in person/on Zoom. Registration required. For more information contact the Weber Center at (517)-266-4000 or visit webercenter.org

Stress Management

Free Focus Café: Embodied Coworking on Zoom with Debra Hopper • Thursdays, , October 2, 9, 16, 23, & 30, November 6, 13, & 20, December 4, 11, & 18 • 10 to 11:00 a.m. • Join us for an hour of calm, focused productivity. Begin by naming your intention, settle in with a short embodiment practice, then work quietly in good company. Wrap up with light accountability. Ideal for remote workers, students, creatives, and anyone who benefits from structure, support, and showing up. FREE. For more information contact Debra at (734) 355-6656, email hello@debrahopperonline.com, or visit debrahopperonline.com.

Sustainable Living Skills

Worktrade Program at Strawbale Studio with Deanne Bednar • Tuesday, October 7 through Friday, October 31 • Live on-site at Strawbale Studio and help out 30 hours a week (garden, grounds, maintenance/repairs, office, and natural building-related work) in exchange room, board, and weekly sustainable living skills such as spoon carving, earth sculpting, and more. Nature, purpose, contribution, learning! 30 hours of worktrade/week. For more information contact Deanne at (248) 496-4088, email ecoartdb@gmail.com, or visit strawbalestudio.org.

Tai Chi, Martial Arts, and Self Defense

Beginner Tai Chi with Master Wasentha Young • Ongoing Mondays from 10 to 11:15 a.m. AND/OR Thursdays from 6 to 7:15 p.m. • Tai Chi, often characterized as a moving mindful meditation, is a series of postures linked together in a continuous flow. It integrates the mind and body, promotes relaxation, as well increases balance and concentration. You can attend both sessions at no extra cost! $225; semester begins September 8. For more information contact the Peaceful Dragon School at (734) 741-0695, email info@peacefuldragonschool.com, or visit peacefuldragonschool.com.

Chen Tai Chi Chuan with Joe Walters • Ongoing Tuesdays AND/OR Thursdays from 5 to 6:00 p.m. AND/OR Saturdays from 9:30 to 10:30 a.m. • Unique movement art emphasizing inner stillness and relaxation developed through disciplined whole-body integration and refined awareness. Instruction in stance training, coiling exercises, and Chen forms. FREE. For more information contact Joe at nnarbortaichi@gmail.com or visit annarbortaichi.com.

Continuing Tai Chi with Carmo Ribiero • Monday, October 6, 13, 20, & 27, November 3, 10, 17, & 25, December 1, 8, 15, 22, & 29 • 4:30 to 5:30 p.m. • Go beyond the basic principles of Beginners Tai Chi. The movements of Tai Chi are performed in a slow, relaxed fashion and provide numerous mental, physical, and spiritual benefits. Tai Chi has proven to reduce stress, improve balance, focus, memory, and concentration and increase strength, flexibility, and overall well-being. $26 or Class Package available. For more information contact Imagine Fitness and Yoga at (734) 622-8119, email imagine@imaginefitnessandyoga.com, or visit imaginefitnessandyoga.com.

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Beginner Tai Chi with Carmo Ribiero • Wednesday, October 1, 8, 15, 22, & 29, November 5, 12, 19, & 26, December 3, 10, 17, 24, & 31 • 4:30 to 5:30 p.m. • Whether you are completely new to Tai Chi or need to practice the fundamentals, learn about this "moving meditation" to help activate and stretch your muscles in a slow, gentle manner. No special clothing or equipment are required. Tai Chi helps to improve mental and physical wellness. $26 or Class Package available. For more information contact Imagine Fitness and Yoga at (734) 622-8119, email imagine@imaginefitnessandyoga.com, or visit imaginefitnessandyoga.com.

Advanced Tai Chi with Stuart Eddy • Friday, October 3, 10, 17, 24, & 31, November 7, 14, 21, & 28, December 5, 12, 19, & 26 • Noon to 1:00 p.m. • Go beyond the basic principles of Beginners Tai Chi with movements performed in a slow, relaxed fashion and provide numerous mental, physical and spiritual benefits. Tai Chi has proven to reduce stress, improve balance, flexibility, focus, memory and concentration and increase strength, flexibility and overall well-being. $26 or Class Package available. For more information contact Imagine Fitness and Yoga at (734) 622-8119, email imagine@imaginefitnessandyoga.com, or visit imaginefitnessandyoga.com.

Wu Style Tai Chi Chaun with Marilyn Feingold • Sunday, October 5, 12, 19, & 26, November 2, 9, 16, 23, & 30, December 7, 14, 21, & 28 • 4 to 5:00 p.m. • Learn the ancient art of meditation in motion with this "soft style" martial art emphasizing relaxation and balance. Drop-in - $5 per session collected at the door. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Tarot and Divination

Highest Guide Tarot & Channeling with Mari Ziolkowski • Ongoing Thursdays • 2 to 7:00 p.m. • Highest guide meditative tarot, light language channeling, herbal healing divination, Andean Mesa clearing and healing. Offered by appointment. $2 dollars a minute. For more information contact Mari at (505) 484-9134, email mari.p.ziolkowski@gmail.com, or visit sparklegoddessspiritualservices.com.

Tarot & Oracle Readings at Crazy Wisdom with Nina McDermott • Ongoing Fridays from 2 to 7:00 p.m. AND/OR Ongoing Saturdays from 3 to 7:00 p.m. • Intuitive Tarot & Oracle Readings with Nina provide clarity, guidance, and deep understanding. Ask a question or see what the cards have to tell you about what's going on in relationships, your spiritual path, or life challenges. Three card—$20, five card—$45, nine card— $65. For more information contact Nina McDermott (323) 363-4807, email nina@seeseehealing.com, or visit seeseehealing.com.

Intuitive Guide & Oracle Card Reader with Deborah Cherrin • Ongoing Saturdays from Noon to 5:00 p.m. & Sundays from Noon to 3:00 p.m. • Through her heartfelt approach and psychic awareness, Deborah uses tarot and oracle cards to help clients find comfort, clarity, and healing in all aspects of their lives. Deborah empowers others to trust their intuition and tap into their inner strength, fostering personal growth and transformation. $2 per minute. No services offered the final weekends of each month. For more information contact Deborah at debcherrin@gmail.com or visit wiseowlartandspirit.com.

Dance & Divination with Mylita Benjamin • Friday, October 17, November 21, & December 19 • 7:30 to 9:00 p.m. • Using guided movement meditation, journaling, and ritual to explore the art of divination. there will be time for sharing in community, as well as additional support from our guide, Mylita. This is an LGBTQ+ and BIPOC safe space! Bring a Yoga mat, eye cover, journal, and water bottle. No dance or divination experience necessary, all levels welcome! $140. For more information contact Mylita at mylitabenjamin@gmail.com.

Theater

Dry Summer by Robert Axelrod with Theater NOVA • Friday, October 10 through Sunday, November 2 • Fridays at 8:00 p.m., Saturdays at 3:00 p.m. & 8:00 p.m., Sundays at 2:00 p.m. • Depressed and longing to get his life back on track, gay, Jewish, twenty-something Ethan returns to his Ann Arbor family home. When he takes a job as a "sober companion" to his recovering alcoholic neighbor, an unconventional friendship ensues. Full of Ann Arbor references, this charming and nostalgic play takes us all home. Tickets: General $30 / 65 & over $25 / Students $15. For more information contact Theater NOVA at (734) 635-8450, email a2theatrenova@gmail.com, or visit theatrenova.org.

DJ Whittington's Kool Kat: A Hip-Hop Panto by Carla Milarch & R. MacKenzie Lewis • Friday, December 5 through Sunday, January 4 • Fridays at 7:30 p.m., Saturdays at 3:00 p.m. AND 7:30 p.m., Sundays at 2:00 p.m. • The holiday hilarity of our annual Panto returns. Bring the whole family to this rollicking all-ages entertainment with a hip-hop twist. Cheer the hero, boo the villain, and enjoy original tunes and kid-friendly parodies of popular hip-hop song—set to The Kool Kat's sick beats. Directed by Mike Sandusky. Single tickets: $32 for adults, $12 for kids 16 years and under. For more information contact Theater NOVA at (734) 635-8450, email a2theatrenova@gmail.com, or visit theatrenova.org.

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Residential Retreat and Workshop Space Available for Group and Personal Retreats
TCRC also serves as a retreat place for other like-minded individuals, sincere spiritual seeker and organizations offering workshops and retreats for practitioners of their own. Contact us for more information on available residential retreat space.

Work-Exchange and Volunteers Program
Triple Crane is growing it's work exchange program. We are looking for committed and talented individuals to help co-create a thriving practice community. Visit our work-exchange and volunteer programs website page.

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The Crazy Wisdom Calendar

Writing and Poetry

Crazy Wisdom Poetry Workshop with Edward Moring, David Jibson, & Lisa Perrin • Wednesday, September 10, October 8, November 12, & December 10 • Informal writers' workshop. All welcome. Participants read the draft of a poem or short fiction for positive, constructive comments by peers. Workshops are held online via Zoom. For more information contact cwpoetrycircle@gmail.com or visit cwcircle.poetry.blog.

Plein Air Poetry: Short Forms with Mary Ledvina • Wednesday, October 1 • 6 to 8:00 p.m. • Go out with me into the wild world to give some wildness to your writing. We will go to aspot either in nature or in the conservatory and we will write short form poems from prompts after reading some examples of Haiku and Limerick. You can live an hour as a nature poet and have epiphanies and

Writing Workshop: Nature's Teaching on Letting Go with Tarriane DeYonker • Saturday, October 18 • 1 to 4:00 p.m. • In this workshop we will have opportunities to look at our own—and others'—process of letting go. This is a hybrid workshop. Cost: $35.00 In person/Zoom. For more information contact the Weber Center at (517)266-4000 or visit webercenter.org.

Plein Air Poetry: Craft with Mary Ledvina • Wednesday, October 22• 6 to 8:00 p.m. • Go out with me into the wild world to give some wildness to your writing. We will discuss how to make your notes about nature into poems; then you will go to a sit spot and try out your own poem making. You can live an hour as a nature poet and have epiphanies and deep thoughts under the trees. $45-$60. For more information contact Mary at (734) 646-9161, email maryledvina@gmail.com, or visit maryledvina.com.

Plein Air Poetry: Revision with Mary Ledvina • Wednesday, November 12 • 6 to 8:00 p.m. • Go out with me into the wild world to give some wildness to your writing. Bring your poem drafts and will discuss and give you space to revise your work. $45-$60. For more information contact Mary at (734) 646-9161, email maryledvina@gmail.com, or visit maryledvina.com.

Writing Workshop: Anticipating Holidays with Tarriane DeYonker • Saturday, November 29 • 1 to 4:00 p.m. • This workshop will explore both our anticipation of them and our memories of holidays past, noting how each affects the other. Come join us in writing, reading our work, and giving feedback on each other's writing. Beginning and experienced writers will find this opportunity helpful. This is an in-person workshop. Cost: $35.00 In person/Zoom. For more information contact the Weber Center at (517)266-4000 or visit webercenter.org.

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Yoga

Iyengar Yoga with David Rosenberg • Mondays from 6 to 7:30 p.m. AND/OR Thursdays from 7 to 8:30 p.m. AND/OR Saturdays & Sundays from 10 a.m. to 11:30 a.m. • Semester begins September 15th. Experience invigorating yoga postures using Iyengar methods to provide strength, flexibility, and balance. Create a feeling of well-being, reduce stress, and release tension. The instructor emphasizes the use of props and individualized instruction so students of varying experience, age, flexibility, and strength can participate together. $125 for the 10-class session. For more information contact David (734) 646-4195, email massage4@aol.com, or visit aarecedonline.com.

Yoga with David Black • Ongoing Tuesdays • 6:30 to 8:00 p.m. • Beginning and experienced students in the classes learn traditional yoga postures (hatha yoga) with an emphasis on relaxation, concentration, and working with the breath. Classes fill up quickly, so early registration is necessary; semester begins September 9. $12 per session. For more information contact the Zen Buddhist Temple at (734) 761-6520 or email annarborzentemple@gmail.com.

Yoga for Athletes & More with Yoga House Ann Arbor • Ongoing Wednesdays • 6 to 7:30 p.m. • Anyone looking for a strong practice will enjoy increasing core strength, enhancing flexibility, agility, balance, and mental focus with this fun and energetic practice. For more information visit yogahouseannarbor.com.

Iyengar Yoga with David Rosenberg • Mondays from 6 to 7:30 p.m. AND/OR Thursdays from 7 to 8:30 p.m. AND/OR Saturdays & Sundays from 10 a.m. to 11:30 a.m. • Semester begins September 15th. Experience invigorating yoga postures using Iyengar methods to provide strength, flexibility, and balance. Create a feeling of well-being, reduce stress, and release tension. The instructor emphasizes the use of props and individualized instruction so students of varying experience, age, flexibility, and strength can participate together. $125 for the 10-class session. For more information contact David (734) 646-4195, email massage4@aol.com, or visit aarecedonline.com.

Wild Goose Qigong with Master Wasentha Young • Ongoing Tuesdays from 6 to 7:00 p.m. AND/OR Thursdays 10 to 11:00 a.m. • The Wild Goose Qigong Form—continuous movement using imagery, yogic like stretching, touching acu-points, and engaging with universe, nature, and earth energies. Come Tuesdays (hybrid) and/or Thursdays (in-person) same price. Not wheelchair accessible. $225 for semester; begins September 9. For more information contact the Peaceful Dragon School at (734) 741-0695, email info@peacefuldragonschool.com, or visit peacefuldragonschool.com.

Yoga with David Black • Ongoing Tuesdays • 6:30 to 8:00 p.m. • Beginning and experienced students in the classes learn traditional yoga postures (hatha yoga) with an emphasis on relaxation, concentration, and working with the breath. Classes fill up quickly, so early registration is necessary; semester begins September 9. $12 per session. For more information contact the Zen Buddhist Temple at (734) 761-6520 or email annarborzentemple@gmail.com.

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Hatha Yoga with Sam Lieberman • Ongoing Thursdays • 9:15 to 10:15 a.m. • Grounded, breath-led movement that builds strength, balance, and calm from the inside out. Drop-in $18 per session. 10% senior discount. Packages for yoga programs are available. Cash or Venmo at the door. Bring your own mats. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Yoga Stretch with Samantha Lieberman • Ongoing Thursdays • 10:20 to 11:20 a.m. • A full-body reset with intentional stretching to release tension and move with more freedom. Drop-in $18 per session. 10% senior discount. Packages for yoga programs are available. Cash or Venmo at the door. Bring your own mats. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Golden Lotus Hatha Yoga Classes with Song of the Morning Yoga & Meditation Retreat • Ongoing Saturdays • 2 to 3:30 p.m. • Taught in the Golden Lotus Yoga style developed in the 1950s by Yogacharya J. Oliver Black, a direct disciple of Yogananda, these classes are slow-paced, meditative, and designed for all levels of experience. Each class includes short meditations and is infused with spiritual inspiration to attune you with the sacred being that you are. FREE, donations accepted to support free class offerings. For more information contact Song of the Morning at (989) 983-4107, email office@songofthemorning.org, or visit songofthemorning.org.

Gentle Flow Yoga with Caitie Shaughnessy • Monday, October 6, 13, 20, & 27, November 3, 10, 17, & 24, December 1, 8, 15, 22, & 29 • 11 a.m. to Noon • Gentle Flow Yoga is the perfect experience for anyone who enjoys yoga and would like a gentle to moderate level of challenge. The class incorporates breath work, standing flow sequences, prone and supine work, and different

anatomical areas of focused support as well. $26 per class or class package available. For more information contact Imagine Fitness and Yoga at (734) 622-8119 or email imagine@imaginefitnessandyoga.com.

Ashtanga with Sandra Allen • Tuesday, October 7, 14, 21, & 28, November 4, 11, 18, & 25, December 2, 9, 16, 23, & 30 • 9 to 10:00 a.m. • Ashtanga yoga is a regimented series of asanas "postures" that are connected to the breath. The focus in this class is the first half of the primary series. Students may advance or modify as guided by the instructor. Ashtanga is foundational for any yoga class for proper alignment and strengthening. Set an intention to challenge yourself. $26 per class or class package available. For more information contact Imagine Fitness and Yoga at (734) 622-8119 or email imagine@imaginefitnessandyoga.com.

Yoga Essentials with Laurie Dean • Tuesday, October 7, 14, 21, & 28, November 4, 11, 18, & 25, December 2, 9, 16, 23, & 30 • 10:30 to 11:30 a.m. • Participants will learn the building blocks of yoga practice. These classes are great for beginning and intermediate level practitioners looking to establish good form, balance, and flow in their practice. Your instructor will lead you through basic and gentle standing and seated poses and you will learn about the healing benefits of Yoga. $26 per class or class package available. For more information contact Imagine Fitness and Yoga at (734) 622-8119 or email imagine@imaginefitnessandyoga.com.

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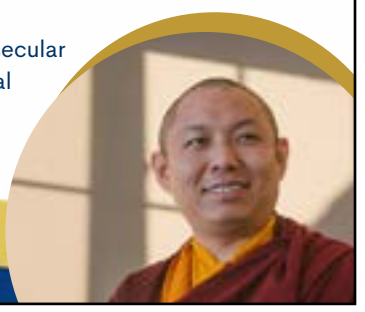

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Submit your listing for the January through April 2026 issue!

Are you a new practitioner in town? Do you have a new class, workshop, or retreat offering? Did your new book just come out? Did you move to a new space? Just have some really exciting news?

If you would like to submit information to be considered for the What's New in the Community column for the winter issue, please email: communitynews@crazywisdom.net.

Missed the calendar deadline for the fall issue of The Crazy Wisdom Community Journal? You can still submit to The CW Monthly calendar and have your event posted to our online calendar. Learn more here:

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Anne Erlewine Art Exhibition

Venue: Crazy Wisdom Bookstore Gallery
Date: November 1st through 30th

Opening Reception will be November 5th

Anne Erlewine works from her studio in Ann Arbor, Michigan. Anne's paternal grandmother was a fine artist who encouraged Anne to develop her skills early on. Anne received a running scholarship at the University of Michigan where she studied art and writing.

She also studied intensive watercolor painting and figure drawing at Naropa Institute in Boulder, Colorado, during the Beat Generation reunion.

Check out her artwork at anneerlewine.art.

For more Info email Chandra: chandra@crazywisdombookstore.com

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CRAZY WISDOM

Friday Oct 3rd

All Original Live Music

The Wildflowers are a soulful Americana/folk trio from Southeast Michigan—Shannon Lee, Kandy Fredrick, and Hilary Finchum-Sung—who blend heartfelt original songs into an uplifting musical tapestry. Their hallmark is soaring three-part harmonies bolstered by interwoven stringed instruments, delivering a textured, authentic Americana sound.

The Wildflowers
7:30pm at Crazy Wisdom

Where can you pick up a copy of The Crazy Wisdom Community Journal?

You can find The Crazy Wisdom Community Journal in many places around Ann Arbor and in surrounding areas. Here'a a sampling of places around town where you can grab a copy of the current issue:

Ypsilanti:

Cross Street Coffee
Evenstar's Chalice
This, That, and Odder Things
Twisted Things
Unity Vibrations Kombucha

Plymouth, Livonia & Canton:

Earth Lore
Gateway Farm
Yoga Pratice Center
Wellness Center of Plymouth
Zerbos

Saline:

Andrea Kennedy Center for Innovation and Education
Eleanor's Sweets and Sodas

Chelsea & Dexter:

Agricole
Breathe Yoga
Community Farm of Ann Arbor
Triple Crane Monastery
White Lotus Farm & Tsogyelgar

Jackson & Lenawee County:

Divine Sactuary
Essential Energies
Irish Hills Wellness & Acupuncture
Living Grateful
Michigana HealthCare
Pegasus Spa and Leisure

Ann Arbor:

7 Notes Natural Health
Argus Farm Stop
Balance Point Fitness
Bring Your Own Container
Castle Remedies
Center for Sacred Living
Clark Professional Pharmacy
Complete Chiropractic
Crazy Wisdom Bookstore
El Harissa Market Cafe
Enlightened Soul Center
Healing Hands Physical Therapy
Jewel Heart
Kerry Town Market
Leslie Science and Nature Center
Matthei Botanical Gardens
Michigan Theatre
Mighty Good Cofee
Oz's Music
Peaceful Dragon School
Red Yoga
Roos Roast Coffee
Schuler's Books
Sweetwater's Cafe
Thrive Wellness Center
Washtenaw Community College Student Center
Wine Wood Organics

Now delivering to spots in Brighton, South Lyon, and Royal Oak too!

By the pricking of my thumbs,
something wicked this way comes.

~William
Shakespeare